

OVER 400 activities inside!!

July - December 2015

ABQ **Activities** **50+** *Catalog*



GET INTO THE ACT.

Richard J. Berry
Mayor



CITY OF ALBUQUERQUE



BERNALILLO COUNTY

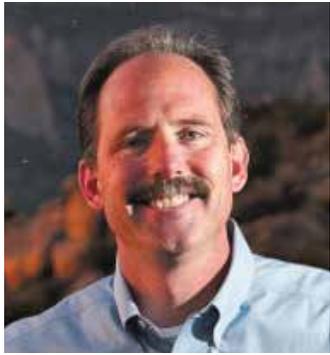
DEPARTMENT OF SENIOR AFFAIRS



Jorja Armijo-Brasher
Director

A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!

Something for Everyone!



Dear Friends,
It's great that you have the latest edition of the Activities Catalog for the Department of Senior Affairs. In May, we celebrated Older Americans Month and I had the privilege of honoring hundreds of volunteers who serve our community on a daily basis. The 2015 theme for Older Americans Month was, "Get into the Act!"; and this catalog will give you plenty of ideas for how to "Get into the Act" in Albuquerque. Within the pages of this catalog, you can find out how you can

volunteer or take classes with the Department of Senior Affairs, or even go on trips with friends!

In April, some Albuquerque seniors got into the act by performing in Tarde de Oro, an exciting show that highlighted New Mexico music and dance. The Department of Senior Affairs partnered with Frances Lujan to offer dance classes to seniors at various senior/multigenerational centers. Participants in the dance classes had the opportunity to showcase what they learned in front of our community during the Tarde de Oro performances at the National Hispanic Cultural Center. These classes allowed seniors an excellent socialization opportunity as well as a fun way to engage in a fitness activity.

On May 15, 2015, I joined the Department of Senior Affairs Director, Jorja Armijo-

Brasher, and the community to open the new North Valley Senior Center Fitness Room. The new fitness room is approximately 1,600 square feet and includes state-of-the-art fitness equipment including treadmills, recumbent bikes, elliptical machines, recumbent steppers, leg presses, and more. Exercise is beneficial to everyone and this new addition to the senior center will make exercising more accessible to seniors in our community.

Please visit one of our centers or call the Senior Information Hotline at (505) 764-6400 to learn more about the variety of services and programs that the Department of Senior Affairs offers; Get into the Act!

Richard J. Berry
Mayor

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Come make it
another banner year!



Dear Friends,
This is an exciting year for seniors. The Older Americans Act is celebrating its 50th Anniversary and the focus is on older adults taking charge of their health, getting engaged in their communities and making a positive

impact on the lives of others.

At every stage of our lives we have the choice of "sitting this one out" or "getting into the act."

This year senior members enjoyed "Getting Into

the Act." From March through May, over 300 seniors participated in the local Senior Olympic Games. Ninety senior athletes went on to represent the City of Albuquerque in the State Senior Olympics held in Roswell in June. I invite you to look through this catalog and become involved in the Department of Senior Affairs. This catalog embraces the very essence of engaging and embracing life regardless of your age and there are many ways to "Get Into the Act." Become a member of the Department of Senior Affairs and take a class, participate in an activity, join the Senior Olympics, volunteer at one of the centers, become a Foster Grandparent, go on a trip and see new sites, or come to a dance and meet new people. I invite you

to take a look inside this catalog and see the many programs, classes, activities, trips, special events, groups, and fitness activities that the Department has to offer at our six Senior Centers, two Multigenerational Centers, and four Sports and Fitness facilities.

When we chose to act, we not only enrich our own lives, we also impact someone else's life. Please join us at any one of our facilities and embrace aging. I challenge you to "Get Into the Act!"

Jorja-Armijo Brasher
Director

<p>City of Albuquerque, Richard J. Berry, Mayor Robert J. Perry, Chief Administrative Officer Michael J. Riordan, P.E., Chief Operations Officer Jorja Armijo-Brasher, Director, Department of Senior Affairs Rhonda Methvin, Recreation Division Manager</p>	<p>Department of Senior Affairs Advisory Council Debby Knotts, Chairman Susan White Greg Lopez Marianne Chiffelle Mabel Padilla John Romisher</p>	<p>City Councilors District 1 Ken Sanchez District 2 Isaac Benton District 3 Klarissa J. Peña District 4 Brad Winter, VP District 5 Dan Lewis District 6 Rey Garduño, President District 7 Diane G. Gibson District 8 Trudy E. Jones District 9 Don Harris</p>	
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The City of Albuquerque/Bernalillo County Department of Senior Affairs Administrative Offices are located at 714 7th Street SW. Program inquiries may be directed to 764-6400.

Center Directory

Barelas

714 7th St. SW, Alb, NM 87102
Phone: 764-6436 • Fax: 764-6472
Monday–Friday, 8:00 am–5:00 pm

Bear Canyon

4645 Pitt NE, Alb, NM 87111
Phone: 767-5959 • Fax: 767-5964
M,T,W,F 8:00 am - 5:00 pm
Thursday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm
Thursday Night Dance 6:00 - 8:55 pm

Highland

131 Monroe NE, Alb, NM 87108
Phone: 256-2000 • Fax: 256-2004
M,W,Th, F, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 10:00 am - 4:00 pm

Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121
Phone: 767-5999 • Fax: 767-5992
M,T,W,F 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm
Hotspot Gift Shop
Mon. - Fri., 9:00 am - 1:00 pm

North Valley

3825 4th St. NW, Alb, NM 87107
Phone: 761-4025 • Fax: 761-4031
M,W,Th,F, 8:00 am - 5:00 pm
Tuesday, 8:00 am - 7:00 pm
Sunday 12:30 - 4:30 pm

Palo Duro

5221 Palo Duro NE, Alb, NM 87110
Phone: 888-8102 • Fax: 888-8107
M,T,Th,F, 8:00 am - 5:00 pm
Wednesday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm
Desert Willow Gift Shop
Monday–Friday, 9:00 am - 2:00 pm

Multigenerational Centers

Manzano Mesa

Multigenerational Center
501 Elizabeth SE, Alb, NM 87123
Phone: 275-8731 • Fax: 275-8734
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm



Mission:
The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.

North Domingo Baca Multigenerational Center

7521 Carmel Ave. NE, Alb., NM 87113
Phone: 764-6475 Fax: 764-6489
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm

Breakfast at the Centers

Enjoy a full menu breakfast Mon. - Fri., 8:00–9:00 am at all of our centers. On occasion, meal service may be cancelled. Check with the front desk for schedule changes.

Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa

Reserve by 1:00 pm one work day prior.
Mon - Fri, 11:30 am - 1:00 pm
\$3.25 for 50 - 59, \$7.67 for guests under 50 (including children) If you are 60 or older, donations are accepted to help cover the expense of preparing the meal, however no one will be denied services for choosing not to donate.

Bear Canyon, Highland, Palo Duro

Monday–Friday, 11:30 am - 1:00 pm
\$3.25 for seniors, \$7.67 for guests under 50 (including children)

Fitness Centers

Call 880-2800 for Fitness Center information.

Palo Duro 50+ Sports and Fitness Center

3351 Monroe NE
Albuquerque, NM 87110
Phone: 880-2800 • Fax: 883-9362
Monday - Friday, 7:00 am - 7:00 pm
Saturday, 8:00 am - 2:00 pm

Los Volcanes Joe O. Armijo 50+ Sports and Fitness Center

6500 Los Volcanes NW
Albuquerque, NM 87121
Phone: 767-5985
Monday - Friday, 7:00 am - 7:00 pm
Saturday, 8:00 am - 2:00 pm

**For Information
and Assistance
call 764-6400**



Center Directory Continued

Meal Sites

Sites are generally open Mon.–Fri., 9 am–3 pm, and offer activities as well as a hot meal for lunch. Lunch reservations are required. Menus and activities calendars are available. Suggested contributions: 60 and older: Donation; 50-59: \$3.25/meal; under age 50: \$7.67/meal. Limited transportation for neighborhood residents is available to some sites. Call below for information.

Nutrition Program Office

2540 Karsten Ct. SE, Alb, NM 87102
764-6474

Alameda Satellite

Raymond G. Sanchez Community Center
9800 4th Street NW, Alb, NM 87114
897-8896

www.my.calendars.net/alamedamealsite

Armijo Satellite

1714 Centro Familiar SW, Alb, NM 87105
873-0047

www.my.calendars.net/armijomealsite

Embudo Towers

8010 Constitution NE, Alb, NM 87110
764-6467

Encino Garden

412 Alvarado SE, Alb, NM 87108
764-6467

Encino Terrace

609 Encino Place NE, Alb, NM 87102
764-6467

South Valley Multipurpose Senior Center

2008 Larrazolo SW, Alb, NM 87105
468-7604

La Amistad

415 Fruit NE, Alb, NM 87102
848-1395

Cesar Chavez Community Center

7505 Kathryn Ave SE, Alb, NM 87108
256-2680

Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87107
767-5900

Tijeras Senior Center

#10 Tijeras Ave, Tijeras, NM 87059
286-4220

Pajarito

6080 Isleta Blvd SW, Alb, NM 87105
873-6617

Paradise Hills

5901 Paradise Blvd NW, Alb, NM 87114
314-0246

Rio Bravo

3910 Isleta Blvd SW, Alb, NM 87105
873-6647

Shalom House

5500 Wyoming NE, Alb, NM 87109
823-1434

Taylor Ranch Community Center

4900 Kachina St NW, Alb, NM 87120
768-6006

Thomas Bell Community Center

3001 University SE, Alb, NM 87106
848-1333

Wainwright Manor

5601 Gibson SE, Alb, NM 87108
764-6467

Whispering Pines

#6 Lark Road, Tijeras, NM 87059
281-8003



**See Pages 43 - 45 for
Satellite Center Activities!!**

**Enjoy good food, good company,
and great entertainment!**

Satellite Centers provide social activities as well as healthy and well-balanced noon meals for individuals over 60. Transportation to Satellite Centers may be arranged and are provided on a donation basis. The meals meet 1/3 of the USDA recommended dietary allowances and nutrition education is provided.

Volunteer Today!

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.

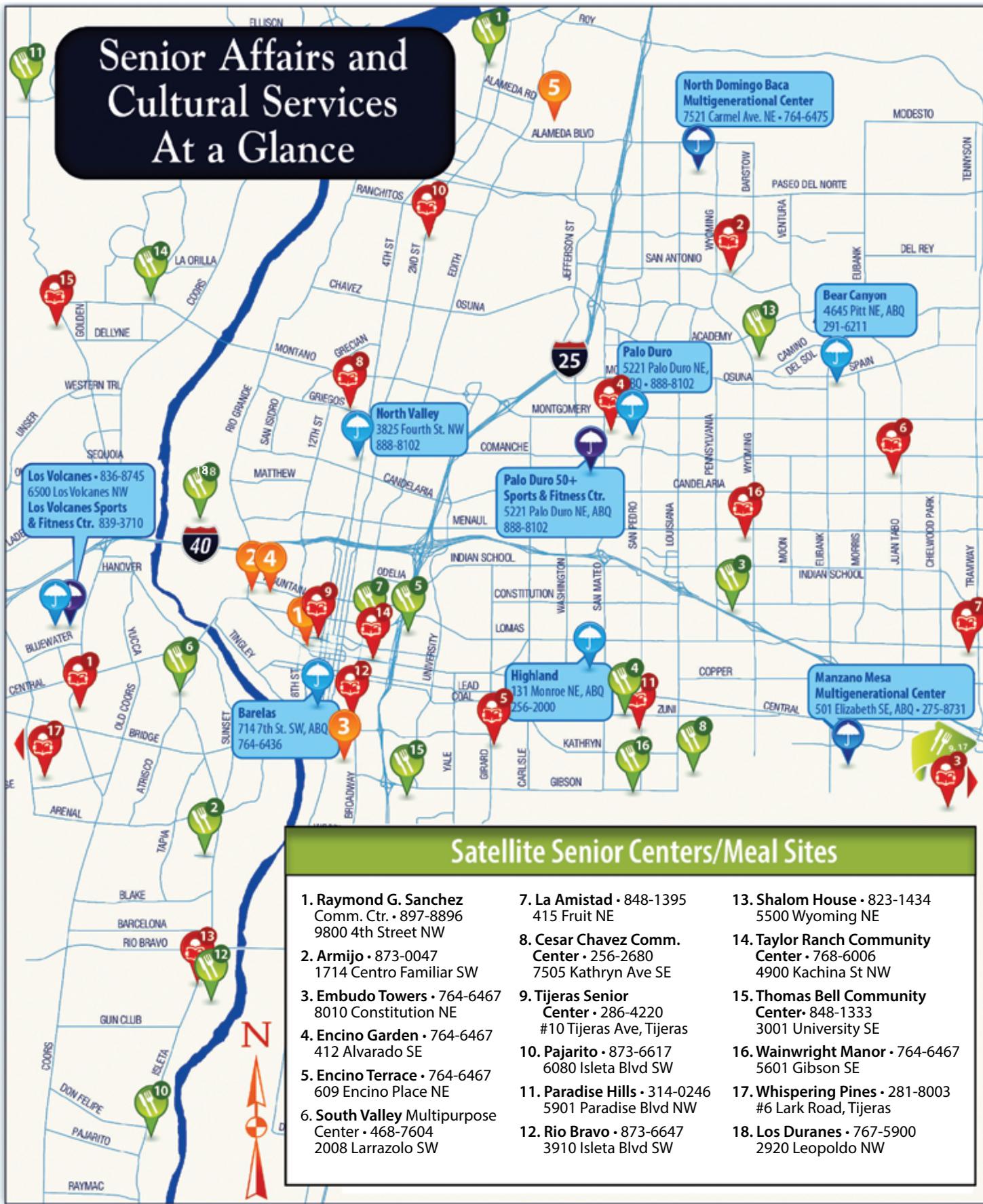


We offer a wide variety of
volunteer opportunities.

Do you have time, talents, skills, or
hobbies you would like to share?
If you do, please call the RSVP office
at **767-5225**

www.cabq.gov/seniors

Senior Affairs and Cultural Services At a Glance



- ### Libraries
- Alamosa Library**
6900 Gonzales SW • 836-0684
 - Cherry Hills Library**
6901 Barstow NE • 857-8321
 - East Mountain Library**
1 Old Tijeras Rd. • 281-8508
 - Erna Fergusson Library**
3700 San Mateo NE • 888-8100
 - Ernie Pyle Library**
900 Girard SE • 256-2065
 - Juan Tabo Library**
3407 Juan Tabo NE • 291-6260
 - Lomas Tramway Library**
908 Eastridge NE • 291-6295
 - Los Griegos Library**
1000 Griegos Rd. NW • 761-4020
 - Main & Genealogy Library**
501 Copper NW • 768-5141
 - North Valley Library**
7704-B 2nd St. NW • 897-8823
 - San Pedro Library**
5600 Trumbull SE • 256-2067
 - South Broadway Library**
1025 Broadway SE • 764-1742
 - South Valley Library**
3904 Isleta SW • 877-5170
 - Special Collections Library**
423 Central NE • 848-1376
 - Taylor Ranch Library**
5700 Bogart NW • 897-8816
 - Tony Hillerman Library**
8205 Apache NE • 291-6264
 - Westgate Library**
1300 Delgado SW • 833-6984

- ### Satellite Senior Centers/Meal Sites
- | | | |
|---|--|---|
| 1. Raymond G. Sanchez
Comm. Ctr. • 897-8896
9800 4th Street NW | 7. La Amistad • 848-1395
415 Fruit NE | 13. Shalom House • 823-1434
5500 Wyoming NE |
| 2. Armijo • 873-0047
1714 Centro Familiar SW | 8. Cesar Chavez Comm. Center • 256-2680
7505 Kathryn Ave SE | 14. Taylor Ranch Community Center • 768-6006
4900 Kachina St NW |
| 3. Embudo Towers • 764-6467
8010 Constitution NE | 9. Tijeras Senior Center • 286-4220
#10 Tijeras Ave, Tijeras | 15. Thomas Bell Community Center • 848-1333
3001 University SE |
| 4. Encino Garden • 764-6467
412 Alvarado SE | 10. Pajarito • 873-6617
6080 Isleta Blvd SW | 16. Wainwright Manor • 764-6467
5601 Gibson SE |
| 5. Encino Terrace • 764-6467
609 Encino Place NE | 11. Paradise Hills • 314-0246
5901 Paradise Blvd NW | 17. Whispering Pines • 281-8003
#6 Lark Road, Tijeras |
| 6. South Valley Multipurpose Center • 468-7604
2008 Larrazolo SW | 12. Rio Bravo • 873-6647
3910 Isleta Blvd SW | 18. Los Duranes • 767-5900
2920 Leopoldo NW |

- ### Cultural Venues
- The KiMo Theatre**
768-3544 • 423 Central Ave. NW
 - Old Town**
Just NE of Rio Grande & Central
 - South Broadway Cultural Center** • 848-1320
1025 Broadway Blvd SE
 - The Albuquerque Museum of Art & History** • 243-7255
2000 Mountain Road NW
 - Anderson-Abruzzo Albuquerque International Balloon Museum** • 880-0500
9201 Balloon Museum NE

Senior Centers

 Barelas 714 7th St. SW 764-6436	 Bear Canyon 4645 Pitt NE 767-5959	 Highland 131 Monroe NE 256-2000	 Los Volcanes 6500 Los Volcanes NW 767-5999	 North Valley 3825 4th St. NW 761-4025	 Palo Duro 5221 Palo Duro NE 888-8102
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Multigenerational Centers

 Manzano Mesa 501 Elizabeth SE 275-8731	 N. Domingo Baca 7521 Carmel Ave. NE 764-6475
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50+ Sports & Fitness Centers

 Palo Duro 3351 Monroe NE 880-2800	 Los Volcanes 6500 Los Volcanes NW 839-3710
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Great Partnership

Presenting Albuquerque's Rich Cultural Tapestry

What a perfect complement to one another—Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our fine city's rich variety of activities and services available to seniors and their families.

City of Albuquerque Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving Albuquerque and Bernalillo County residents for more than forty years. Through innovative programs and quality services, the department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community's senior population.

Senior Affairs offers people age 50 and older a wide-array of services and opportunities. From services for active and healthy seniors to services for frail, homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care specially designed to meet individual needs throughout the aging spectrum.

Membership: Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$13 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members. Individuals can be as young as six years old to become a member of a multigenerational center.



City of Albuquerque Cultural Services Department

City of Albuquerque, Cultural Services Department, oversees management of Albuquerque's Public Libraries, BioPark, Museums, the KiMo Theatre, and more.



Cultural Services also hosts special events during the year throughout the city. Cultural Services At a Glance:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Beach
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town – New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV Channel 16
- Public Art Urban Enhancement Program

Mission: The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque's unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich City life and increase tourism to Albuquerque.

Using This Catalog

If you have a membership (only \$13 a year) at one location, and are over age 50, you are entitled to participate in all of our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$13 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and North Domingo Baca Multigenerational Center. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a gymnasium and a water spraypark, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60.

Some classes and trips require a fee. Other services, including lunch at our mealsites, may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

Unless otherwise noted:

- Activities are free with membership.
- Trip and class sizes are limited.
- Meals are at your expense.
- Activities are first-come first-served
- Unless there is alternative contact information in the listing, most activities require advanced reservations; Call the host center for more information (a center directory is on page 3).
- Activities leave from or take place at the host center.
- Return times are approximate.

Class fees are usually payable to the instructor at the first class.



AARP Defensive Driving

This one day, four-hour class provides techniques for coping with changes in vision, hearing and reaction time, along with a "rules of the road" review. No tests are involved. \$15 for AARP members, \$20 for non-members. Make check payable to AARP and bring it to class. (Cash not accepted). Call for dates and to register.

Barelas, Lead & Coal

3rd Wednesday, 1:00 - 4:45 pm

Bear Canyon, Room 5

3rd Thursday, 12:00 - 4:00pm
1st Saturday, 9:30 am - 1:30 pm

Highland, Room 7

1st Thursday, 12:15 - 4:15 pm
2nd Saturday, 10:30 am - 2:30 pm

Los Volcanes, Room 2

1st Monday, 9:00 am - 1:15 pm

Manzano Mesa, Room 5

1st & 3rd Saturday, 9:00 am - 1:00 pm

N. Domingo Baca, Community Room

1st Saturday, 10:30 am - 2:30 pm

North Valley, Room 4

1st Monday, 12:30 - 4:30 pm
(Spanish speaking)
Will schedule as needed

Palo Duro, Ponderosa Pine

1st Friday, 8:30 am - 12:30 pm

Center Closings



Summer/Fall 2015

Barelas.....	July 13 - 17
Bear Canyon.....	Sept. 14 - 18
Highland.....	Aug. 17 - 21
Los Volcanes.....	Aug. 24 - 28
Los Volcanes Fitness Ctr.	Jul. 20 - 24
Manzano Mesa.....	Aug. 3 - 7
Manzano Mesa Fitness Ctr....	Jul. 27 - Aug. 1
North Domingo Baca.....	Aug. 10 - 15
North Valley.....	July 6 - 10
Palo Duro.....	July 27 - 31
Palo Duro Fitness Ctr.	Sept. 7 - 11

Holiday Closings:

Fourth of July.....	Jul. 3 & 4
Labor Day.....	Sept. 7
Veteran's Day.....	Nov. 11
Thanksgiving.....	Nov. 26-27
Christmas Day.....	Dec. 25
New Year 2016.....	Jan. 1

Center Shops & Markets

Flea Markets at the Centers

Find special bargains, treasures and satisfy your sweet tooth. Reserve your table at the front desk.

Barelas, Social Hall

Thursday, 8:00 am - 1:00 pm, \$2 table

Bear Canyon, Multi-purpose

May - September

Monday, 10:00 am - 2:00 pm, \$5 table

Highland, Lobby (Arts Mart)

Monday 7:30 am setup
8:00 am - 1:00 pm, \$2 rental

Los Volcanes, Lobby

Tuesday, 8:30 - 11:30 am,
Friday, 8:30 - 11:30 am, \$2 rental

Manzano Mesa, Outdoors

1st Friday, May - October
8:00 am - 12:00 pm, \$2 rental

North Valley

Wednesday, 8:00 am - 12:00 pm
\$1, \$1.50, \$2 rentals

Pajarito Meal Site

1st Friday, 9:00 am - 12:00 pm, \$1 rental

Palo Duro

Tuesday, 8:30 am - 12:00 pm
(Nov. & Dec. only) \$2 Rental

Gift Shops

Buy a gift made by a senior. You must be a center member to sell.

Los Volcanes, Hot Spot Gift Shop

Monday - Friday, 9:00 am - 1:00 pm

Palo Duro, Desert Willow Gift Shop

Monday - Friday, 9:00 am - 2:00 pm

Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

Barelas, Social Hall

Wednesday, 9:30 - 10:30 am

Bear Canyon, Social Hall

Tuesday, 9:30 - 10:30 am

Highland, Lobby

Tuesday, 10:00 - 11:00 am

Los Volcanes, Social Hall

Thursday, 10:00 - 11:00 am

Manzano Mesa, Social Hall

Thursday, 10:00 - 11:00 am

North Valley, Social Hall

Times vary, call for info.

Palo Duro, Cottonwood

Wednesday, 9:15 - 10:15 am



Americans with Disabilities Act:

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to that event.

Health

Medicare Assistance

North Valley

Call for appointment
761-4025

Ask the Doctor

Discuss medical problems covering diagnosis, treatment and recovery.

Blood Pressure Screening

Bear Canyon, Room 2

Wednesday, 9:00 - 11:00 am

Highland, Room 8

Friday, 9:30 - 11:30 am

Palo Duro, Aspen

Monday, 9:30 - 11:30 am



GEHM Clinic

Call for dates

Barelas, Lobby

Highland, Room 3

Los Volcanes, Social Hall

Manzano Mesa, Lobby

N. Domingo Baca, Lobby

North Valley, Room 1

General Information

Health, con't.

Hearing

Hearing Aid Technician

Sandia Hearing Aids offers hearing aid technician services including maintenance, cleaning, changing batteries, wax removal and checking function. For all models—\$2 per hearing aid.

Los Volcanes
2nd Tuesday
9:00 - 10:00 am



Lip Reading

Bear Canyon, Room 5
Monday, 12:30 - 1:30 pm
\$5 materials, no registration required
Jean Dugas

Legal Clinic

Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Info: 265-2300.

Highland, Room 7
3rd Tues, 1:00 - 3:00 pm

Los Volcanes, Room 1
4th Thursday, 10:00 am - 12:00 pm

North Valley, Room 4
3rd Thursday, 9:00 - 11:00 am

Advance Directive Workshop
(Powers of Attorney, Cremation Authorization, EMS/DNR)



Shopping Trips from Barelvas

50¢ transportation.
Sign up at front desk.



Barelvas
Wal-Mart Superstore
Monday, 9:30 - 11:30 am

Volunteer Opportunities

If you have time, talents, skills, or hobbies you would like to share, please call 767-5225.

New Member Orientation

Staff will welcome new members and talk about the programs and services our centers have to offer.

Bear Canyon, Room 1
2nd Friday, 10:30 - 11:30 am

Public Art in Albuquerque

A free brochure is available by contacting us at publicart@cabq.gov. Please visit our interactive public art map at www.cabq.gov/publicart/public-art-in-albuquerque. Sign up for our bi-monthly e-newsletter at www.cabq.gov/publicart/e-newsletter-archive.

"Rain to River", the Hahn Arroyo Mosaic Project, by lead artist Nan Masland and 160 community volunteers, 2011.



Arts & Crafts

Arts and Crafts Classes

Arts and Crafts

Have fun learning different crafts. Crafts include: plastic canvas, embroidery, pin and button jewelry making.

Barelvas, Santa Fe
Friday, 8:00 am - 1:00 pm
Material Fee
Instructor: Viola Garcia

Arts and Crafts - Sharing

For beginners who want to learn and for the experienced who want to share. Embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.

North Valley, Room 3
Wednesday, 9:00 am - 1:00 pm

Card Making for Mixed Occasions!

Love sending greeting cards and arts & crafts? Card Kits are pre-made; all you have to do is assemble. Bring your basic craft kit: favorite adhesive, craft scissors, scissors, and paper cutter if you have them.

Palo Duro, Cottonwood
Wednesday, July 8, Sept. 16 & Nov. 4
4:30 - 6:45 pm
\$5 material fee
Instructors: Yolanda Gradi & Josie Lyons

Get It Done!

Chat while you "get done" those projects in this modern day quilting bee.

Palo Duro, Juniper
Friday, 12:00 - 2:00 pm

Learn to Draw

Learn how to draw using chiaroscuro "3D" techniques. Projects learning line, shape, value, tone, shading and texture to make object look 3D.

North Valley, Room 4
Tuesday, July 14, 21, 28
4:30 - 6:30 pm
\$45
Elaine Cimino

Drawing

North Domingo Baca
Saturday, 9:15 - 11:15 am

Watercolor Painting Classes

Learn to create textures and make visually pleasing and interesting artwork. We explore both abstraction and realism.

North Valley, Room 4
Tuesday, August 4, 11, 18, 25
4:30 - 6:30 pm
\$45, materials included

Classes

Join us for a fun filled bike and wine tour in Corrales!!
See page 59



Adult Watercolor

North Domingo Baca
Tuesday, 8:30 am - 12:30 pm

Watercolor for Fun

North Domingo Baca
Monday, 8:30 am - 12:30 pm

Pastel Landscape and Still Life Classes

Draw landscapes with laying-in techniques and apply color to create atmospheric perspective. You learn about papers and various drawing techniques including texture and making objects look 3-D.

North Valley, Room 4
Tuesday, September 8, 15, 22, 29
4:30 - 6:30 pm
\$45 material included



Native American & Modern Beadwork

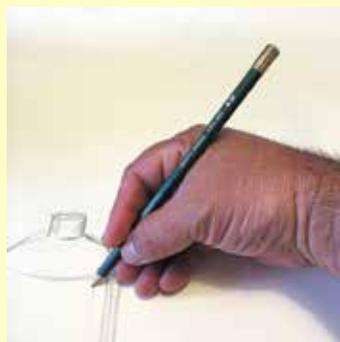
This is a beginning class; learn three beadwork stitches used by Native Americans. Students will complete two projects. Tools and materials will be provided, however students will need to bring scissors, small ruler, a pencil and a thimble.

Bear Canyon, Room 1
Mondays, 8 Weeks
September 21 - November 9
9:00 am - 12:00 pm
\$50.00 material fee
Instructor: LoRheda Fry

Learn to Draw with Kelly

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby. 1-12x18 tablet of newsprint, 1-kneaded eraser, 1-charcoal pencil

North Domingo Baca
Friday, 9:00 - 11:00 am



Mandala Making Workshop

Mandalas are circular, symmetrical designs that are fun and easy to create using markers, glitter pens on various papers. No experience necessary. \$2 Materials fee and also bring one or more cans of food to donate to a local organization.

Highland, Room 3
Saturday, August 1, September 5, October 3
1:00 - 3:00 pm
Instructor: Barbara King



Photography

North Domingo Baca
Wednesday, 8:30 - 11:15 am
Thursday, 6:00 - 8:00 pm

Tie-Dye Class

Students will learn basic folding and dyeing techniques, and create your own wearable art. Cost is only \$20.00 which includes T-Shirt and Supplies. Get complete details from the centers front desk.

Highland, Room 2
Wednesday, Sept. 2 - Dec. 16
1:00 - 3:00 pm
Instructor: Susan Lamoreaux

Snowflake Cutting

Learn how to fold and cut paper to create beautiful snowflakes. Perfect for the holidays!

Barelas, Stover
Wednesday, Nov 4, 18, 25, Dec 2
9:00 - 11:00 am
Instructor: Al Sias



Beading and Jewelry

Beading/Jewelry Class

Learn to make beautiful patterns for lovely jewelry and gifts.
Manzano Mesa, Room 3
Wednesday, 8:00 - 11:30 am
M. Jacobson

Beading/Jewelry Group

Make your own beautiful art in jewelry.
Manzano Mesa, Room 4
Monday, 8:00 - 11:30 am
Pat Suhr

Ceramics

Learn care and use of molds, pouring, preparation for firing, glazing, overglazing and/or staining, decorating, decals, etc. Materials not included.

Barelas, Santa Fe Room
Monday and Wednesday
9:00 am - 12:00 pm

Los Volcanes, Room 4
Friday, 8:00 - 11:30 am
Monday, 1:00 - 4:00 pm
North Valley, Room 4
Tues., Wed., 12:00 - 4:00 pm

Palo Duro, Piñon Room
Mon., Thurs., 8:00 am - 12:00 pm



Tile Class

Create art works on tile. All levels welcome. See instructor about materials.

Manzano Mesa, Room 3
Monday, 9:00 am - 12:00 pm

Tuesday, 9:00 am - 1:00 pm
Friday, 8:30 am - 1:00 pm
Lawanda Strong

Join us for the
2015 Conference
on Aging?
See page 46





Crocheting, Knitting, Weaving & Needlepoint

Happy Hookers Crochet Club

This all ages, all levels, informal group works on individual projects and a group project: making lap rugs for disabled vets.

Manzano Mesa, Room 4
Monday, 1:00 - 3:00 pm, Schmidt

Crocheting

Join our fun-loving group for socializing and learning new techniques.

Los Volcanes, Room 2
Monday, 1:00 - 4:00 pm, McNabb

Knitting and Crocheting

All levels welcome. Learn techniques for creating sweaters, afghans, baby blankets, etc. Many of the blankets are donated to Project Linus.

Bear Canyon, Room 4
Monday, 10:00 am - 12:00 pm
Jeannine Steidl

Los Volcanes, Room 2
Tuesday, 10:00 - 11:15 am

Manzano Mesa, Room 3
Friday, 1:00 - 3:00 pm

North Valley, Room 3
Wednesday, 9:00 am - 1:00 pm

Palo Duro, Cottonwood
Wednesday
12:00 pm - 3:00 pm
Jackson

Miscellaneous Classes

Quilting

For novice and experienced quilters

Barelas
Stover
Call Center for hours



Eden Energy Medicine

North Domingo Baca
1st & 3rd Saturday, 10:00 - 11:30 am

Meditation Circle

North Domingo Baca
Friday, 12:00 - 1:00 pm

Truth Project

Understanding the times we are living in. Where is America going? The truth's and lies and why we believe what we believe.

Palo Duro, Aspen
Wednesdays (Starts Wed., July 22)
9:00 - 11:00 am
Cruz

Intro to Ukulele (Uke) Learn and earn a free Ukulele

Ukuleles are available for use during class. Requirements to earning a ukulele: low income, attend 12 classes, memorize and perform five songs, sponsored by iCreate, Inc. Others are welcome for a small class fee.

North Valley, Library
Starting Tuesday, July 14
13 week course
6:00 - 6:45 pm

Nutrition & Eating to Lose & Keep Off Extra Weight

North Domingo Baca
1st Wednesday
9:30 - 11:00 am



How about a game of Mah Jongg?
See page 27



Fractals

Fractal Workshops

The Urban Enhancement Trust Fund will provide 4 workshops. Please see dates, descriptions and centers below. Sign- up is required.

This is an introduction to fractals, where we find them, and how we can make them.

North Valley, Room 4
Wednesday, July 8,
9:30 - 10:30 am

Barelas, Lead & Coal
Wednesday, July 8, 9:30 - 10:30 am

Manzano Mesa, Room 4
Tuesday, August 11
10:00 - 11:00 am

Highland, Room 2
Tuesday, August 25
10:30 - 11:30 am

Fractal Triangles

A hands-on activity creating individual fractal artwork, which then combine to make a collaborative piece.

North Valley, Room 4
Wednesday, August 5,
9:30 - 10:30 am

Barelas, Lead & Coal
Wednesday, August 12
9:30 - 10:30 am

Manzano Mesa, Room 4
Tuesday, September 8
10:00 - 11:00 am

Highland, Room 2
Tuesday, September 29
10:30 - 11:30 am

Fractal Cutout Cards

We will use scissors and paper to create beautiful fractal cut-out cards that can be used for any occasion.

North Valley, Room 4
Wednesday, September 9
9:30 - 10:30 am

Barelas, Lead & Coal
Wednesday, Sept. 9, 3:30 - 4:30 pm

Manzano Mesa, Room 4
Tuesday, October 13 10:00 - 11:00 am

Highland, Room 2
Tuesday, October 27 10:30 - 11:30 am

Fractal Tetrahedrons

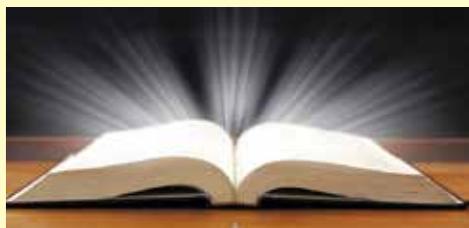
We will create a 3-dimensional fractal tetrahedron from straws and string.

North Valley, Room 4
Wednesday, October 7
9:30 - 10:30 am

Barelas, Lead & Coal
Wednesday, October 7, 3:30 - 4:30 pm

Manzano Mesa, Room 4
Tuesday, November 10
10:00 - 11:00 am

Highland, Room 2
Tuesday, November 17
10:30 - 11:30 am



Religious

History of the Bible

North Domingo Baca
Thursday, 11:00 am - 12:30 pm
& 6:30 - 7:30 pm

Family Centered Prayer Battle

North Domingo Baca
Friday 6:00 - 7:30 pm

Men's Bible Study

North Domingo Baca
Monday, 8:30 - 10:00 am

Photography Classes

North Domingo Baca, Room 5
Wednesday, 8:30 - 11:30 am
Thursday, 6:00 - 8:00 pm
Sign up at the front desk
Jim Corrigan



Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Create 3-D objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects.

Los Volcanes, Room 4
Thursday, 1:00 - 3:00 pm
Fees determined on 1st day of class
Grace Colclesser

Doll Making

Porcelain Doll Making

Learn this art while making a doll.

Los Volcanes, Room 4
Thursday,
9:00 - 11:00 am
Materials
not included
Call center for details



Drawing

Sketching Class

Enlighten your imagination and explore the magic of sketching and caricatures. All levels.

Los Volcanes, Room 10
Thursday, 9:00 - 11:00 am
Janet Dominguez & Jean Jenkins

Portrait Drawing Class

We need your face! Highland Portrait Drawing class draws live models with a focus on the proportions of the head. Models are needed weekly in return you will get copies of all the artworks of your portrait. New Artist welcomed and models are always needed.

Highland, Room 8
Tuesday, 10:00 - 11:00 am
Marge Palsce

Folk Arts

Retablos/Hispanic Folk Art

Learn the art of making retablos.

Barelas, Stover
Tuesday, 9:00 - 11:30 am
George Salazar
North Valley, Room 3
Wednesday, 1:00 - 4:00 pm
Anita Andrade

Folk Arts, con't.

Swedish Weaving

Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

Los Volcanes, Room 2
Tuesday, 12:00 - 2:30 pm
J. Brunyansky, R. Hinkel & C. Lucero

Palo Duro, Pondersosa
Friday 2:15 - 4:30 pm
\$10 Material Fee C. Lucero

Glass

Stained Glass

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. Materials not included.

Los Volcanes, Room 4
Friday, 1:00 - 3:00 pm
\$10 first class, \$10/every 3 months
Mary Blea

Palo Duro, Cottonwood
Friday, 9:30 - 11:30 am
Clum
(Class does not meet in Jul. & Aug.)

Leather

Leather Craft

Learn the art of hand-tooled leather crafting. Students must buy leather.

Palo Duro, Aspen
Tuesday
12:00 - 2:00 pm
Love, some tools provided



JOIN US!!!
MEMBERSHIP IS ONLY \$13/YEAR



Lots of Activities!
Lots of Education!
Lots of Entertainment!
And more importantly...
Lots of Fun!

Fractals · Religious · Photography · Plastic Canvas
Doll Making · Drawing · Folk Arts · Glass · Leather

Classes

Metals

Silversmith I

Cut, stamp, hammer, solder and finish silver. Learn basic techniques with practical information. Silversmith II-VIII and open session to be held at Albuquerque Silver & Stone Academy.

Palo Duro, Juniper
 Wednesday, August 5, 12, 19 & 26
 Wednesday, September 2, 9, 16 & 23
 Wednesday, October 7, 14, 21 & 28
 Wednesday, Nov. 18 & Dec. 2, 9 & 16

4:30 - 6:30 pm
 \$30 silver & materials fee/\$100 course fee
 Instructor: Eileen Ott

Silversmith Open Sessions

Metal Casting

Learn basic skills and methods. Using the lost wax casting process you can cast objects in silver & bronze.

Palo Duro, Juniper
 Thursday, 1:00 - 4:00 pm
 Lumpee
 \$2.00/per casting for consumables

Metal Silversmith and Jewelry Making Open Lab

Open lab for metals, silversmith, fused glass and enamel for those students with a basic knowledge of jewelry making.



Palo Duro, Juniper
 Wednesday, 10:00 am - 4:00 pm
 Garcia, Taylor, Provencio

Traditional Spanish Tin Work

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques. See center for complete details and supplies. Sign-up is required. \$10 materials fee required.

Highland, Room 2
 Tuesday, Aug. 4 - Sept. 22
 1:00 - 3:00 pm
 Instructor: Cora Chavez

Tin Works Class

Join Jason Younis y Delgado, a 5th generation tinsmith and member of the Spanish Colonial Arts Society in an open class for tinwork at the Palo Duro Senior Center. All experience levels are invited. Class fee of \$55 covers a sheet of tin, tools and instruction. Custom punches and additional tin are available for sale if you want to continue at home. Class is limited to 12 students.

Palo Duro, Pinon
 Thurs., Aug 6, 13, 20 & 27
 Thurs., Sept. 24, October 1, 8 & 15
 Thurs., Nov. 19, Dec. 3, 10 & 17
 12:30 - 3:00 pm

Tin Works Holiday Workshop

Join Jason Younis y Delgado, a 5th generation tinsmith and member of the Spanish Colonial Arts Society in a special holiday workshop. We'll be creating ornaments, farolitos and other fun holiday items. Students should be old enough to comfortably work with a hammer and punches. Class fee covers a history of tinwork in New Mexico, a sheet of tin, necessary tools and instruction. Custom punches and additional tin are available for purchase if you want to continue at home.

Manzano Mesa, Room 3
 Saturday, December 12
 10:00 am - 1:00 pm
 Fee \$55 for all materials
 Instructor: Jason Younis y Delgado



Painting, Drawing & Pastels

Artist's Corner

Meets to paint in any medium and offer gentle critique and constructive criticism.

Manzano Mesa, Room 3
 Thursday, 1:00 - 4:00 pm
 Bring your own materials, Kennedy

Painting Workshop

Instruction is given on perspective, composition, form, color mixing and blending. Ongoing classes are open to all levels. No registration required. Bring materials.

Los Volcanes, Room 4
 Tuesday, 9:00 - 11:00 am
 Janet Dominguez

North Valley, Room 4
 Friday, 9:00 am - 12:00 pm

Barelas, Coal
 Wednesday, 9:00 am - 12:00 pm

Adult Watercolor

This all levels class covers: Landscape, spring flowers, still life, painting from photos and sketches and one class on location.

North Domingo Baca, Room 5
 Tuesday, 8:30 am - 12:00 pm
 Jo Nell Tyson
 This is a self-directed class

Watercolor for Fun

North Domingo Baca, Room 5
 Monday, 8:30 am - 12:30 pm
 Raymond Ortiz
 Free



Taste the flavors and feel the rhythms at the Salsa Fest
 See page 62



Palo Duro Palettes

We work in all mediums and share our knowledge and enthusiasm. Come sample a variety of methods, ideas and techniques. Material available.

Palo Duro, Piñon
 Wednesday, 1:00 - 3:00 pm
 Lamkin

Visiting Artists Series

Guest artist guides participants in an activity that often involves a demo and a hands-on experience. Open to all. A different artist volunteers each week from Memorial Day to Labor Day. During the summer, the program is more informal.

Palo Duro, Cottonwood
 Tuesday, 1:00 - 3:00 pm
 Haag

Brilliance of Soft Pastels

Beginners focus on technique, composition and materials. Intermediate students focus on interpreting value and color, enhancing skills and new challenges. Demos given along with individual help. Some materials may be purchased.

Manzano Mesa, Room 3
 Monday, 1:30 - 4:00 pm
 Call for dates
 6 - 8 week session, Sharon Jensen

Beginning Oil Painting

All ages welcome. Discover your inner artist through oil painting.

North Domingo Baca, Classroom 5
 Wednesday, 5:30 - 7:30 pm
 \$80 (6 week sessions)
 Instructor: Pat Berger

Learn to Draw

Learn how to draw using the chiaroscuro "3D" techniques. Projects learning line, shape, value, tone, shading and texture to make object look 3D.

North Valley, Room 4
 Tuesday, July 14, 21, 28
 4:30 - 6:30 pm
 \$45
 Elaine Cimino

Drawing

North Domingo Baca
 Saturday, 9:15 - 11:15 am

Watercolor Painting Classes

Learn to create textures and make visually pleasing and interesting artwork. We explore both abstraction and realism.

North Valley, Room 4
 Tuesday, August 4, 11, 18, 25
 4:30 - 6:30 pm
 \$45, materials included

Pastel Landscape and Still Life Classes

Draw landscape with laying-in techniques and how to apply color to created atmospheric perspective. You learn about papers and various drawing techniques including texture and making objects look 3-D.

North Valley, Room 4
 Tuesday, September 8, 15, 22, 29
 4:30 - 6:30 pm
 \$45, material included

Painting Still Life and Landscape with Acrylics

This class explores in depth resist techniques using acrylics. Discover how artist's worldwide are using this technique as a basis to apply ideas. The class will cover basic techniques in both dry brush and wet-in-wet.

North Valley, Room 4
 Tuesday, October 6, 13, 20, 27
 4:30 - 6:30 pm

Painting Workshop: Oil

Instruction is given on perspective, composition, form, color mixing and blending. All levels. No registration required. Bring materials.

Bear Canyon, Rooms 3 & 4
 Wednesday, 9:00 - 11:30 am
 Instructor: Marian Boardl



Watercolor Club

This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.

Bear Canyon, Room 3
 Tuesday, 1:00 - 3:30 pm
 Instructor: Paul Stubbe

Painting: Open Workshop

All venues welcome

Bear Canyon, Room 4
 Friday, 9:30 am - 12:00 pm
 Marian Boardl
 No registration required, bring materials.

Off Beat Artists

We are a group of self-directed artists who work primarily in drawing and painting mediums. The objective is to work and share our creative experiences. No instruction. Participants provide their own materials and work at their own pace.

Barelas, Lead/Coal
 Monday
 11:00 am - 3:30 pm



Pottery

Pottery Lab

For advanced and intermediate pottery students only.

Palo Duro, Piñon
 Wednesday, 8:00 - 11:30 am
 Self-directed

Pottery Open Studio

This class is for self-led, intermediate-level students. Materials and firing fees apply. For those enrolled in or have completed a previous Bear Canyon pottery course.

Bear Canyon, Room 5
 Thursdays, 8:30 - 11:30 am
 Oct 1 - Dec 3, 10 week session

Continued on Page 14

Pottery, con't.

Self-directed projects, for those enrolled in/completed a previous Bear Canyon pottery course
Material and firing fees

Highland, Room 2
Monday & Thursday, 1:00 - 4:00 pm
Self-Directed

Los Volcanes, Room 4
Thursday, 12:30 - 3:00 pm
Self-Directed



Beginning Pottery

Learn the fundamentals of creating clay. This six month class will focus on basic projects such as coil pots, slab vessels and sculpture. All work will be fired in the studio. Materials and firing fees apply. See instructor during class time to sign waiting list.

Los Volcanes
Wednesday, 9:00 - 11:30 am
Jeri Lynn

Pottery

All levels welcome. From pinch pots, slabs, coiling to wheel throwing. Self directed.
Material Fee.

Palo Duro, Piñon
Friday, 9:00 - 11:30 am

Manzano Mesa, Room 3
Tues. & Thurs., 9:00 am - 1:00 pm

Pottery for Kids

Class is \$2.00 for ages kindergarten to 5th grade (5 - 11). Class is limited to 25 participants. Sign up at the front desk.

North Domingo Baca, Room 5
Friday, 3:15 - 5:00 pm

Pottery: Advanced

Hand Built Pottery

North Domingo Baca, Room 5
Tuesday, 12:00 - 4:00 pm
(kiln room)
12:00 - 2:00 pm
(Room 5)
Jo Lynne Fenger

Hand-Building Clay Classes (Adult)

New students start the first week of every month. There is a material and firing charge.

North Domingo Baca
Monday, 1:00 - 4:00 pm
Thursday, 9:00 am - 12:00 pm
Saturday, 12:00 - 3:00 pm

Hand-Building Clay Classes (Youth)

Parent/ Guardian must remain in class for ages 5-7. Cost is \$2 per student per class. Materials and firing charge. New students start the first week of every month.

North Domingo Baca
Friday, 2:30 - 5:30 pm
12:00 - 3:00 pm

Pottery

This class will create in clay using multiple techniques- pinch pots, coiling slabs, the potters' wheel, glazing and firing. This class is designed for the beginning to intermediate student. Materials fee for clay, glazes and firing. Sign up is required.

Highland, Room 2
Wednesday, August 5 - December 16
9:00 am - 12:00 pm
Instructor: Penne Roberts

Advanced Beginners

This beginning class will build basic skills, exploring glaze techniques and surface decoration.

Bear Canyon, Room 5
Fridays 1:00 - 4:00 pm
Oct. 2 - Dec 11, 10 week session
(no class Nov. 13)
Material and firing fees. Waiting list
Instructor: Carol McIntosh

Intermediate

This class will work on independent projects - Sculpture integrating pottery techniques.

Bear Canyon, Room 5
Wednesdays 12:30 - 4:30 pm
Sept 30 - Dec 2, 10 week session
Material and firing fees. Waiting list
Instructor: Carol McIntosh

Pottery & Handbuilding Clay

Come learn the basic techniques of hand-building and make some of your own pottery creations.

Barelas, Santa Fe
Thursday, 1:00 - 4:00 pm
Instructor: JoLynne Fenger
Materials and Firing Fees

CHECK THIS OUT!!!
JOIN US AT BEAR CANYON!!

Senior Veterans Wall of Honor Ceremony and Honor Wall Day

Unveiling of the Wall of Honor, Veteran Recognition, Guests and Honored Veterans.

Bear Canyon
Thurs., July 30
9:30 - 11:00am

Rosemalers

We do rosemaling from Norway, dal-malning from Sweden, hindeloopen from Holland and bauernmalerei from Germany and others. Bring a wood piece and we will get you started. No registration required.

Highland, Room 3
Friday, 9:30 - 11:30 am
2nd Saturday (Meeting)
10:00 am - 3:00 pm
(No Class June - August)
Instructor: Diana Ekedal



Quilting

Knitting and Crocheting

Beginners to advanced are welcome. Beginners are taught the basics of knitting and techniques.

Bear Canyon, Room 4
Monday, 10:00 am - 12:00 pm
Instructor: Jeannine Steidl



Quilting: Experienced

This group of experienced hand quilters work on each other's quilts to completion.

Bear Canyon, Rooms 3 & 4
 Tuesday, 8:30 - 11:45 am
 Instructor: Janet Moffatt

Tuesday Angels

This group makes pillows, quilts, stuffed toys and lap robes, to donate to community organizations.

Palo Duro, Aspen
 Tuesday, 8:30 - 11:30 am
 Bommelaere

Laptop Quilters

Simple quilts are made and donated to the children at All Faiths Receiving Home and Birth Right. Materials donations are welcome.

Highland, Room 3
 Monday, 9:00 - 11:00 am

Punch Quilting

A "no sew" way to create fabric pictures and wall hangings.

Manzano Mesa, Room 3
 Tuesday, 1:00 - 3:00 pm

Quilting

For novice and experienced quilters

Highland, Room 7
 Tuesday, 8:00 am - 12:00 pm

Los Volcanes, Room 2
 Thursday, 9:00 am - 12:00 pm

North Valley, Room 3
 Monday, 8:00 am - 3:00 pm
 Sunday, 1:00 - 4:00 pm

Palo Duro, Cottonwood
 Tuesday, 8:00 am - 12:30 pm
 Spartz, Stanton
 Saturday, 9:00 am - 1:00 pm
 Stanton

Machine Quilting

Manzano Mesa, Room 4
 Thursday 9:30 - 11:30 am

Sewing & Alterations

Bring your latest sewing project and get help with any alterations or question you may have!

Palo Duro, Ponderosa
 Tues., 10:00 am - 12:00 pm
 Gosso



Tin Work

Join us and have some fun with your creative ideas to this open workshop where you will share and work with others on your own projects. You must bring your own supplies.

Los Volcanes, Room 4
 Tuesday, 1:00 - 4:00 pm
 Maria Martinez

Telescope

Amateur Telescope Making

Make your own telescope.
Manzano Mesa, Room 3
 1st & 3rd Wednesday, 7:00 - 9:00 pm
 Mike Pendley



Woodworking

Open Woodshop and Woodcarving

If you are interested in carving, cutting or working on other wood projects please join us.

North Valley, Room 3
 Tuesday, 8:30 - 10:30 am

Los Volcanes, Room 10
 Tuesday, 8:30 - 10:30 am
 Upson, Lovato
 Wednesday 12:00 - 4:00 pm
 (power tools) Juanita Hopes

Manzano Mesa, Room 3
 Wednesday, 8:00 - 11:30 am
 Ralph Manchego

Woodcarving

Women and men of all skill levels enjoy woodcarving in this ongoing class.

Bear Canyon, Room 5
 Friday, 8:00 am - 12:00 pm
 Instructor: Gerry Hobart

Woodcarving

Carvers do all types of relief and chip carving; wood burning, golf ball and santo carving, etc. Bring your own tools.

Planet Art with Debbie Kmak
 Classes are \$35, includes material fee.

Social Media and New Technology

Intro to Facebook

North Valley, Computer Lab
 Tuesday, Sept. 8, 15, 22 & 29
 5:30 - 6:45 pm
 \$40 Marcella Pirlot



Computer Classes

Computer Lab

Open to members who wish to practice their computer skills or access the web.

Barelas, Computer Room
 Call Center for hours.

Bear Canyon, Computer Room
 Monday, Wednesday
 Friday 9:00 - 11:00 am
 No Registration required

Highland, Room 6
 Wednesday, 1:00 - 3:00 pm

Continued on Page 16

Quilting · Tin Work · Telescope · Woodworking
 Social Media & New Technology · Computer

Classes

Computer Classes, con't.

Los Volcanes, Computer Room
Monday, 2:00 - 5:00 pm
Thursday, 3:00 - 7:00 pm
Saturday, 11:15 am - 1:00 pm

Manzano Mesa, Computer Lab
Tues, Thur, 9:00 am - 12:00 noon
Wednesday & Friday, 1:00 - 3:00 pm

North Valley, Computer lab
Mon. - Fri. all day, except when class
is in session. Computer assistance
available on Tues. & Thurs.
1:00 - 3:00 pm

Palo Duro, Cedar Crest
Monday, Tuesday, Friday
1:00 - 3:00 pm
Thursdays, 9:30 - 11:30 am

Introduction to Microsoft Word

Learn how to write a letter, use special fonts, etc. using Microsoft Word. Must have basic computer skills.

North Valley, Computer Lab
Tuesday, Nov. 3, 10 & 17
5:30 - 6:45 pm
\$35
Marcella Pirlot



General Computer

Ask Computer Questions - Get Computer Help

Bring your computer questions.

Manzano Mesa, Computer Lab
1st Saturday, 12:30 - 2:30 pm
M. Hadaway, J. Freedman, R. Bemis,
and E. Cardona

Los Volcanes, Room 1
Tuesday (every 8 weeks, call for info)
10:00 am - 12:00 noon
Wed. (every 8 weeks, call for info)
9:00 - 11:00 am
Wed. (every 8 weeks, call for info)
11:30 am - 1:30 pm

Palo Duro, Computer Room
Computer classes to be announced
for Windows 10 classes.
Please call center at 888-8102

Computers for Beginners

Learn basic computer terms
and functions.

North Valley, Computer Lab
Monday & Wednesday,
July 13, 15, 20 & 22
1:00 - 3:00 pm Fee: \$35
Instructor: Marcella Perlot



North Valley, Computer Lab
Monday & Wednesday,
October 5, 7, 12 & 14
3:00 - 5:00 pm Fee: \$35
Instructor: Marella Pirlot

Internet and Email

Learn how to access the internet,
shop without compromising your
personal information, find reliable
government and medical websites.

North Valley, Computer Lab
Monday & Wednesday,
August 3, 5, 10 & 12
1:00 - 3:00 pm Fee: \$35
Instructor: Marella Pirlotr

North Valley, Computer Lab
Tuesday, August 4, 11, 18 & 25
5:30 - 6:45 pm Fee: \$35
Instructor: Marcella Pirlot

Windows 8 Class

Bear Canyon, Lab
Mondays 6 weeks Sept. 21st, 28th,
Oct. 5th, 12th, 19th & 26th
1:30 - 4:00 pm
Cost \$50.00

Windows 7 Class

Bear Canyon, Lab
Thursdays, 6 weeks, Sept. 24th, Oct.
1st, 15th, 22nd, 29th & Nov. 5th
1:30 - 4:00 pm
Cost \$50.00

MS Office - Word

Bear Canyon, Lab
Mondays 4 weeks, Nov. 9th-16th-
23rd & 30th
1:30 - 4:00 pm
Cost \$40.00

Do you want to learn
ceramics? *See page 9*



Computers for Beginners

Learn basic computer terms and
functions. You will learn how to use
the mouse, the keyboard, the Start
Menu, the Control Panel, and much
more.

North Valley, Computer Lab
Tuesday, July 14, 21, 28
5:30 - 6:45 pm \$35
Mon. & Wed., Oct. 5, 7, 12, 14
3:00 - 5:00 pm \$35
Instructor: Marcella L. Pirlot

Intro to FaceTime: (A video chat on-line service for Apple products)

Learn to use the popular
mobile phone video chat
service that makes it
possible to conduct one-on-
one video calls between newer
Apple iPhone, iPad, iPod touch and
Mac notebooks and desktops. (Must
have an Apple I-Pad, Apple iPhone
3G or 4G capabilities)



North Valley, Computer Lab
Tuesday, October 6, 13, 20
5:30 - 6:45 pm \$40.00
Instructor: Marcella L. Pirlot



Introduction to Microsoft Windows 8.1 and Beyond

This class is ideal for the first time stu-
dent wanting to learn the use of the
computer and the student wishing
to update their computer skills with
the latest Microsoft operating sys-
tem. Students will learn about basic
computing and how to use the latest
Microsoft operating system. Learn
about all computer components and
how they interact to work with vari-
ous Microsoft computer programs.

Barelas, Computer Room
Tues., July 7, 21, 28, 9:00 - 11:00 am,
1:00 - 3:00 pm
(Wednesday, July 29)
Tuesday, September 1, 8, 15, 22,
9:00 - 11:00 am, 1:00 - 3:00 pm
Tuesday, November 3, 10, 17, 24,
9:00 - 11:00 am, 1:00 - 3:00 pm
\$20
Patrick Turrieta – Please see instructor
to sign up for class.

Intermediate Introduction Course: Intro to Microsoft Publisher 2013

Learn how to make greeting cards, menus, calling cards, calendars, and banners. It is recommended that the student have common use and understanding of Windows 8.1 operating system prior to taking this class. Note: There must be a total of 4 students signed up for Microsoft Publisher for the class to be presented.

Barelas, Computer Room
 Tuesday, August 4, 11, 18, 25
 9:00-11:00 am, 1:00 - 3:00 pm
 Tuesday, October 6, 13, 20, 27
 9:00-11:00 am, 1:00 - 3:00 pm
 Tuesday, December 1, 8, 15, 22
 9:00 - 11:00 am
 \$20
 Patrick Turrieta – Please see instructor to sign up for class.

Computer Use 101

This is a basic hands-on use of the computer. Learn how to get online, how to use Microsoft Word, what keys or mouse key to use to achieve a specific goal, how to download page(s), and how to use a flash drive. You will also learn how to find and save a webpage, and how to reverse errors.

Barelas, Computer Room
 Thursday, 1:00 - 4:00 pm
 Friday, 9:00 am - 1:00 pm
 Cost: Free.
 Please sign up at Front Desk
 Qassem Samad



Apple Macintosh Day

Open to Mac users of any experience level. A different Macintosh subject every month!

Apple Users Group - announcements, open forum Q&A help time, and presentations.

Bear Canyon, Rooms 3 & 4
 3rd Saturday of each month

The Learning Corner
 9:45 - 11:00 am

Apple Users Group
 11:15 am - 12:30 pm
 Facilitator: Bob Reed



iPad & iOS-8 Workshop

Apple & PC iPad users bring your iPad and join in the fun. This is a workshop format where your iPad questions may be answered. Version iOS 6 and earlier, & iPad version 1 features, will NOT apply. This iPad workshop will feature only the iPad 2 or later, and iOS-8. We are not covering the iPhone, Kindle, Nook, Surface, etc. Arrive early. The first 25 who arrive will be seated. No exceptions!

Bear Canyon, Computer Lab
 10:00 am - 12:00 pm
 2nd Thursday, Limit 25
 Cost: \$Free



Apple Macintosh Classes at Bear Canyon

We conduct classes periodically on a variety of Apple Macintosh topics. To join e-mail list, and receive course notification plus regular "Mac Tips & Information," contact: Bob Reed at 292-3805, reed1936@comcast.net Sandoval

PC Users' Group (WUG)

Attendees have an opportunity to discuss their individual PC activities and problems.

Bear Canyon, Computer Lab
 Wednesdays, 12:15 - 2:15 pm
 Instructors: Radebaugh / Frank Krek
 Bert Radebaugh
 Phone: 275-6613
 email: bandw37@comcast.net



Manzano Mesa Computer Classes

Each class needs at least 5 students to apply in order to hold the class. Please fill out an application, in the Computer Lab at Manzano Mesa and you will be notified by phone when the class is scheduled for and the cost of the class.

- Beginners Computer for Windows XP & 7
- Windows 8.1 Differences
- Beginners Windows 8.1
- Internet Level 1
- Microsoft Word 2007 or 2010
- Microsoft Excel 2007 or 2010
- How to use Facebook
- How to use SKYPE
- Email Basics
- Files, folders & flash drives basics
- Digital Camera Basics
- Buy/sell on Craigslist & Ebay
- Individual tutoring by appt.

Music Classes

Beginning Guitar

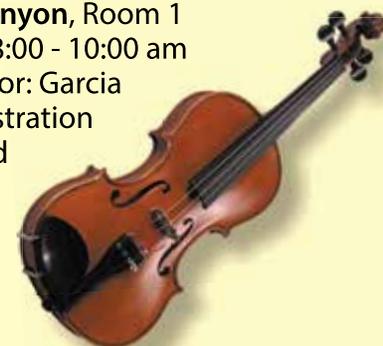
Los Volcanes, Room 2
 Wednesday, 2:30 - 4:30 pm
 Self-taught



Violin Workshop

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.

Bear Canyon, Room 1
 Friday, 8:00 - 10:00 am
 Instructor: Garcia
 No registration required



Dance Classes

Ballroom/Latin/Swing Dance: Intermediate

Continuation from the beginning class, with intermediate step patterns.

Manzano Mesa

\$20 for 4 weeks, includes patterns & disc
Saturday,
Beginning 10:00 - 11:00 am
Intermediate 11:00 am - 12:00 pm
Barbara Weiss, 506-0049

Ballroom Dancing

Bear Canyon, Social Hall
Thursday, 4:45 - 5:45 pm

\$6 per lesson
Instructor: Rosamaria Delgadillo-Burt

Wise Women Belly Dance

This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

Manzano Mesa, Social Hall

Thursday, 6:00 - 8:00 pm
Amaya - 280-3638



Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

North Valley, South Social Hall
1st & 3rd Thursday, 2:00 - 3:00 pm
Free to members with Parkinson's, Joanie Carlisle

Line Dancing

Beginning Line Dance

Barelas, Social Hall
Thursday, 1:30 - 3:00 pm
Gayle Mecca
Fee: \$1

Bear Canyon, Social Hall
Thursday, 3:15 - 4:30 pm
(with new classes starting in January, May, and September)

Los Volcanes, Social Hall
Thu, 9:00 - 10:00 am, Jeanne Hendrix

Manzano Mesa, Social Hall
Wed, 1:30 - 3:00 pm
*Starter 12:15 - 1:15 pm
Georgette Smith



N. Domingo Baca, Social Hall
Thu, 1:15 - 2:30 pm, Mary Garcia

North Valley, Social Hall
Mon, 1:00 - 2:00 pm, Clarada Hall

Palo Duro, Mesquite
Mon, 3:15 - 4:30 pm
Sat. (2nd, 3rd, & 4th), 9:00 - 10:30 am
K. Tidy

Intermediate Line Dance

Bear Canyon
Tuesday, 3:15 - 4:30 pm
Instructor: Clarada Hull

Highland, Social Hall
Tuesday, 1:30 - 3:30 pm
Wylene Santistevan

Los Volcanes, Social Hall
Thursday, 10:10 - 11:10 am
Jeanne Hendrix

Manzano Mesa, Social Hall
Wednesday, 3:00 - 4:30 pm
Georgette Smith

N. Domingo Baca, Social Hall
Tue, 5:45 - 7:30 pm, Georgette Smith

Intermediate II

Bear Canyon
Tuesday, 1:30 - 3:00 pm

Manzano Mesa, Social Hall
Wed, 1:30 - 3:00 pm
Wylene Santistevan
Tuesday, 2:00 - 4:00 pm
Clorinda Ricci

Advanced

Palo Duro, Mesquite
Mon, 1:30 - 3:15 pm,
Sat (2nd, 3rd, & 4th),
10:30 am - 12:00 pm
Instructor : D. Madison

Bear Canyon, Social Hall
Thursday, 1:30 - 3:00 pm
Instructor: Doug Madison

Understanding Medicare
See page 39



Square Dancing

Enjoy the timeless tradition of Square Dancing.

Palo Duro, Mesquite
Wednesday, 1:00 - 3:00 pm
Carol Champion

NM & Latin Dance Class

Learn New Mexican and Latin dances.

Barelas, Social Hall
Monday, 10:00 - 11:00 am
Frances Lujan



Latin Rhythms

Learn the fundamental skills of social Latin dancing in dances such as; Salsa, Cha-cha, Rumba, Samba, Bolero, and Merengue.

North Domingo Baca, Aerobic Room
Thursday, 10:15 - 11:15 am
Free Class

Language Classes

Sign-Language

Learn sign language basics, including the manual alphabet, counting, plus familiar words and phrases.

North Valley, Room 1
Tues., July 14, 21 & 28, Aug. 4, 11 & 18
5:30 - 7:00 pm
Tues., Oct. 13, 20 & 27, Nov. 3, 10 & 17
1:00 - 2:30 pm
\$5 materials fee
Instructor: Pam Jenkins



Intermediate Sign-Language

This is a secondary course for those who have taken the beginning course.

North Valley, Room 3
Tuesday, September 1, 8, 15, 22, 29
October 6
5:30 - 7:00 pm
\$5 material fee
Pam Jenkins

French Beginners Level 1 & 2

North Domingo Baca, Room 5
Call for dates: 1:00 - 4:15 pm

French: Advanced

Would you like the opportunity to speak French and learn current usage?

Palo Duro, Aspen
Monday,
1:00 - 3:00 pm
\$5 Materials Fee
Temmar & Himmelskin

**German: Beginning Conversational**

Bear Canyon, Room 1
Tuesday
2:00 - 4:00 pm
Simon

German: Intermediate

Members need to have pronunciation and grammar under control and can write sentences with dependent clauses. This is not a conversation class. Most members have been to Germany, Austria, or Switzerland. Number 1 goal is to have fun!

Palo Duro, Aspen
Thursday,
8:45 - 11:30 am
Holcomb, Maldonado

**Italian for Beginners**

Learn the language of love! Come have some fun while picking up conversations in Italian and listening to Italian songs. No experience necessary.

Barelas, Stover
Friday,
11:00 am - 12:00 pm
Instructor: Alison Oatman
\$3/class

**Beginning Conversational Spanish**

Suitable for absolute beginners and a good refresher for those who have had Spanish in school. Learn essential phrases; how to show good manners in Spanish; and enough to get by in many practical situations.

North Valley, Room 1
Tuesday, July 14 - September 1
5:00 - 7:00 pm
\$75, 8 week course



North Valley, Room 3
Friday, July 17-September 4
10:00 am - 12:00 pm
\$75, 8 week course

Italian Workshop: Intermediate

Emphasis is on reading, grammar, conversation and verb conjugation.

Bear Canyon, Room 2
Tuesday, 11:10 am - 1:00 pm
Register with Alex Trujillo

Spanish Workshop**Intermediate/Advanced**

Conducted mainly in Spanish, with activities that emphasize speaking, listening and reading. Call to see if space is available.

Bear Canyon, Room 2
Tuesday, 9:00 - 10:50 am
Instructor: Frances Perolti
No registration required

Spanish Workshop**Grammar Review/Conversation**

Carry on conversations with others in Spanish. Improve fluency through use.

Bear Canyon, Room 2
Tuesday, 1:10 - 3:00 pm
Instructors: King, Campbell
No registration required

Spanish

This on-going class is an intermediate-advanced level. Interested students may visit to determine if class level and content are appropriate for them.

Highland, Room 7
Tuesday, 1:00 - 3:00 pm
Belcher

Rockin' Spanish Class

Beginners are welcome in this Spanish class. Learn without ever conjugating a verb. Sign up required for 6 class sessions at the front desk.

Highland, Room 3
9:00 - 11:00 am
July 28 & 30
Tues. & Thurs., Aug. 4, 6, 11 & 13
Tues. & Thurs., Sept. 1, 3, 8, 10, 15 & 17
Tues. & Thurs., Oct. 6, 8, 13, 15, 20 & 22
Instructor: Dr. Judy Vavrek
Cost: \$55

Writing Classes and Groups**TGIF Poetry**

Devoted to reading poetry by its members, contemporary poets, as well as great poets of the past.

Bear Canyon, Room 2
1st and 3rd Friday, 1:00 - 3:00 pm
No registration required

Writing Your Autobiography

This workshop is based on your own personal experiences and includes short writings about particular events in one's life.

Bear Canyon, Room 1
Tuesday, 9:00 - 11:15 am
Instructor: Suzanne Clear

**Writing about our Lives**

In this memoir class we will help each other write our stories by writing, reading aloud and revising. We can write for our children and grandchildren, ourselves and our community. We will experience a sense of accomplishment, enhance our mental alertness and make friends. It is never too late for personal growth.

Highland, Room 3
Friday
1:00 - 3:00 pm
Joanne Calkins

**Women's Journaling**

Learn techniques in keeping a journal for writing stories, poems, healing, and finding the artist within.

North Valley, Room 3
Starting: Friday, July 17
10:00 - 11:00 am

Writing Classes, con't.**Wordwright's Writing**

North Domingo Baca
Monday, 1:30 - 3:30 pm

Beginning Calligraphy

Learn the art of beautiful handwriting, and have fun doing it! Lettering styles will include italic, chancery cursive, bookhand and uncial.

North Valley, Room 3

Tuesday & Thursday, July 14, 16, 21, 23, 28, 30 & August 4
1:00 - 2:15 pm \$15 material fee

Inquiring Minds Discussion Group

Anthropology, the study of humankind everywhere, throughout time, seeks to produce reliable knowledge about people, their behavior, about the things that make them different, and the things they all share in common.

Bear Canyon, Room 2

Monday, 10:00 - 11:00 am

JULY - DEC. 2015**Birthday Party**

Celebrate birthdays every month with cake.

Barelas, Social Hall

3rd Wednesday, 11:30 am - 1:00 pm

Highland, Social Hall

1st Wednesday, 12:15 - 12:45 pm
Sponsored by Humana

Los Volcanes, Social Hall

1st Friday, 11:15 am - 12:30 pm
*Sponsored by Presbyterian

N. Domingo Baca, Social Hall

Last Friday, 11:45 am - 12:30 pm

North Valley, Social Hall

3rd Friday, 11:30 am - 12:30 pm
*Sponsored by Presbyterian

**Ice Cream Socials****Barelas, Lobby**

2nd Tuesday, 11:30 am - 1:00 pm
75¢/serving

Los Volcanes, Social Hall

1st Wednesday, 11:15 am - 12:00 pm
75¢/serving

Manzano Mesa, Lobby

2nd Friday, 11:30 am - 12:30 pm
75¢/serving

Pie Socials

Enjoy your favorite pies at these socials.

Barelas, Lobby

4th Friday, 11:30 am - 1:00 pm
75¢/slice

Los Volcanes, Social Hall

3rd Friday, 11:00 am - 12:00 pm
75¢/slice

North Domingo Baca, Lobby

First Friday, 11:45 am - 12:30 pm
75¢/serving

Weekly Center Dances**Dance to Live Music at the Centers**

Dance to top 40s, Spanish, country western, and oldies. Check the bulletin boards for our monthly listings of bands. \$2.50 per person

Barelas, Social Hall

Friday, 1:30 - 4:30 pm

Highland, Social Hall

Every 3rd Wednesday, 3:00 - 6:00 pm

Los Volcanes, Social Hall

Thursday, 1:30 - 4:30 pm
(\$3 admission on 4th Thursday)

North Valley, Social Hall

Sunday, 1:30 - 4:30 pm

Bear Canyon, Social Hall

Thursday evenings, 6:00 - 9:00 pm

**Dinner Dances**

Spend an elegant evening dining and dancing to live music. Various bands \$7.50 per person

Barelas, Social Hall

Tuesday, Sept. 22 & Dec. 15
4:00 - 7:00 pm

Los Volcanes, Social Hall

Tuesday, July 28 & October 29
4:30 - 7:30 pm

North Valley, Social Hall

Tuesday, August 18 & November 17
4:00 - 7:00 pm

Dessert Socials

Join us for a special treat once a month, with a variety of desserts.

North Valley, Social Hall

2nd Thursday, 11:30 am - 12:30 pm

Palo Duro, Mesquite

2nd Wednesday, July, Aug. & Sept.

Bear Canyon, Social Hall

3rd Friday 1:30 - 2:30 pm

Friday Afternoon Matinee

Join us as we feature a "Movie of the week" You will get a free box of popcorn just for joining us.

Highland, Lobby

Friday, 2:00 pm

Family Friendly Karaoke Fun!

Bring the whole family out for an evening of great music and laughs. We can't wait to see you strut your stuff!

Manzano Mesa

Gym
2nd & 4th
Wednesday
5:30 - 8:30pm

**Karaoke Tuesdays**

For those of you who sing like Sinatra and those who can barely carry a tune: come and sing your heart out!

Barelas, Social Hall

Tuesday, 11:30 am - 1:00 pm

Karaoke

Do you like to dance, do you like to sing? Maybe you can be a North Valley Karaoke Queen or King. Join us for Karaoke and dancing.

North Valley, Social Hall
Thursday, 9:00 - 11:00 am

Piano Music

Piano music for your enjoyment.

North Valley, Social Hall
Thursday, 11:00 am - 12:00 pm



Special Luncheons

Bear Canyon, Social Hall
4th Friday (subject to change)
11:30 am - 1:00 pm
\$4/person



JULY 2015

Honoring our Barelvas Veterans

Join us for a celebration honoring our Veterans. (Pictures will be on display). Refreshments will be served.

Barelvas, Social Hall
Wednesday, July 1
12:00 - 1:00 pm



The Red, White and Blue Bash

Don your reds, whites, and blues and enter our patriotic parade! Think apple pie, music, and contests for the "most spirited."

Manzano Mesa
Thursday, July 2
10:30 am - 12:30 pm



Senior Veterans Wall of Honor Ceremony and Honor Wall Day

Unveiling of the Wall of Honor, Veteran Recognition, Guests and Honored Veterans.

Bear Canyon
Thurs., July 30
9:30 - 11:00 am



4th of July Barbecue

Celebrate the Red, White, & Blue... Join us for a fun BBQ! The party starts early!

Barelvas, Social Hall
Thursday, July 2
11:30 am - 1:30 pm

Crazy Hat Day

Come join the fun, enjoy a piece of your favorite pie, some ice cream and don't forget to wear your silliest, funniest craziest hat!

Bear Canyon, Social Hall
Friday, July 17
Free, 1:30 - 2:30 pm



Civil Air Patrol Field Day

Come learn all about the Civil Air Patrol while journeying through the various demonstration booths. Each station will host an activity that teaches the missions in Civil Air Patrol such as Aerospace Education, Emergency Services and Cadet Programs. Fun for all ages!

Manzano Mesa, Gym
Saturday, July 18
Free 10:00 am - 2:00 pm



Patriotic Ice Cream Social

North Domingo Baca
Wednesday, July 2
11:30 am - 12:30 pm



"I Scream You Scream We All Scream For Ice Cream"

Vanilla and chocolate ice cream vies for the taste buds of ice cream lovers. Chocolate may win popularity contest. But Vanilla is a close second. Enjoy it in a cone, a dish and/or a float. Just make sure to eat it quickly, before it melts.

Los Volcanes, Social Hall
Monday, July 23
11:30 am - 1:00 pm

Summer Party: Picnic on the Patio & Car Show

Let's have a picnic together, food, games, entertainment & a car show.

North Valley, Social Hall/Patio
Thursday, July 23
9:00 am - 1:00 pm

Los Volcanes 1st Annual Pool Tournament

Let the best of the best come and show their skills in the most prestigious amateur championship. Those who enter this event will experience the highest level of amateur billiard play in the city of Albuquerque! Registration starts Monday, June 29

Los Volcanes, Billiards
Thursday, July 30, 2015



AUGUST 2015

Ice Burger Party

It is that time of the year to come and enjoy a cold sandwich...an ice cream sandwich.

Los Volcanes, Social Hall
Monday, August 3
11:30 am - 12:30 pm



National Watermelon day!

Fresh fruit is a nice treat on a warm summer day. Join us for watermelon slices, entertainment and music.

North Valley, Social Hall
Monday, August 3
10:30 am - 12:00 pm



Watermelon Summer Bash

Sweet and tasty watermelons! It's standard for picnics but here at Los Volcanes it is "Just Because."

Los Volcanes, Social Hall
Tuesday, August 4
11:00 am - 2:30 pm

Ice Cream Social

Let's ring in the new school year together with ice cream and games!

North Domingo Baca
Monday, August 10
11:30 am - 1:00 pm

AUGUST 2015, con't.

The Dog Days of Summer (without the actual dogs)

The days are scorching so come on in and cool yourself off with all of summer's favorite treats, lemonade, ice-cream & watermelon.



Manzano Mesa
Thursday, August 13
10:30 am - 12:30 pm
Free

Luau Celebration

Grass skirts, loud shirts, torch lights and tropical delights. These things and more, it's true, a Luau is in store for you!



Barelas, Social Hall
Thursday
August 20
9:00 am - 1:00 pm



Golden Ager Shindig

We are recognizing and showing appreciation for the value and contribution of senior population. In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

Los Volcanes, Social Hall
Friday, August 21
10:00 am - 12:30 pm

Celebrate the Banana Split

It's all about the Banana Split with vanilla ice cream, yummy chocolate and caramel, and of course a cherry

on top, perfect way to end the summer! Entertainment to be announced.

Highland
Social Hall
Thursday,
August 27th
\$2.00 Ticket Required
1:30 pm - 2:30 pm

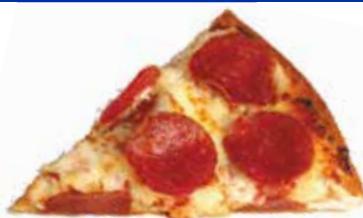


LV Pizzeria Party

Pizza is a favorite of young and old. Originating from Italian cuisine, it's a staple in the American diet. You can have Cheese Pizza anyway you want. If you decide you just have to add other toppings, it's okay. We won't tell. Have a happy Cheese Pizza Day!

Los Volcanes, Social Hall
Friday, September 5
10:00 am - 12:00 pm

SEPTEMBER 2015



Chile Harvest Fiesta

Celebrate New Mexico's Chile Harvest at a roasting and recipe sharing event, a New Mexican Tradition. Green Chile with homemade tortilla samples and lemonade will be available.

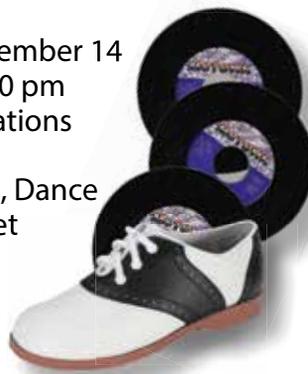
North Domingo Baca
Friday, September 11
9:00 - 11:30 am



Nifty 50's Party

Poodle skirts, bobby socks, a scarf for your hair, time to have a party with a 50's kind of flair! We'll start with lunch and end with a sock hop!

Barelas, Social Hall
Monday, September 14
11:30 am - 1:00 pm
Lunch Reservations Required
1:30 - 4:00 pm, Dance
\$2.00 per ticket



Bright Times Ahead

Positive Thinking is today. Today is all about attitude.... a positive attitude. It's a lot like the ant, when faced with moving a rubber tree plant thought "I think I can." Power of positive thinking is absolutely astounding. Positive attitude works wonders at fighting disease and ailments, from the common cold to cancer. People with an "I think I can" attitude, are far more likely to succeed at work, and in accomplishing every goal they set in life.

Los Volcanes, Social Hall
Wednesday, September 16
8:30 am - 12:30 pm

End of Summer Luncheon

Join us for an end of summer blow-out! As we say goodbye to summer and prepare for fall we will enjoy a traditional BBQ luncheon.

Palo Duro, Mesquite room
Thursday, September 17
Lunch served at 11:30 am
\$4.00 Reservations required

Splurging with the Los Volcanes Apple Dumpling Gang

Be a member of the Los Volcanes Apple Dumpling Gang. We are celebrating a tasty fall treat. Come all Apple lovers who can't resist this pastry, filled with sweet, delicious apples. With the arrival of fall and cool weather, two things happen: the apple harvest begins, and people turn indoors to cooking and baking again.

Los Volcanes, Social Hall
Thursday, September 17
10:00 am - 1:00 pm



Shiver Me Timbers and a Yo Ho! Ho!

It is international talk like a pirate day and Manzano is heading for the high seas and ye be invited! Trivia, door prizes and pirate banter is sure to ensue on this voyage!



Manzano Mesa
Friday, September 18
11:30 am - 12:30 pm

Chile Cook off

Sign up early! Bring a chili dish of your choosing, red or green. Your dish will be voted on by the participants of North Valley. Prizes and entertainment will be a part of this fall event.

North Valley, Social Hall
Friday, September 18th
10:30 am - 12:00 pm

Wildwest Luncheon

Kick up your boots and join us for a western theme luncheon.

Highland, Social Hall
Thursday, September 24
\$4.00 Reservations Required
Lunch from 11:30 am - 12:00 pm

OCTOBER 2015

Black Tie Evening Dance

Wear your finest sequence and bowties, Entertainment by Swing Shift.

Bear Canyon, Social Hall
Thursday, October 1
\$2.50, 6:00 - 9:00 pm



Fly Fly Away: Hot Air Balloon party

We will start with early morning balloon watching, if the weather permits. Let's gather outside to spot the balloons in the air. Tea, coffee and Danish to warm you up.

North Valley, Parking lot/Front Patio
Tuesday, October 6
8:00 - 10:00 am

Monster Mash Luncheon

Get an early start on Halloween at our Monster Mash luncheon. Dress in your best/scariest costume and see if your friends recognize you.

Palo Duro, Mesquite room
Thursday, October 15
Lunch served at 11:30 am
\$4.00 Reservations required



Pumpkin Decorating Party

This is no trick! You're in for a treat! We'll have pumpkins to decorate or bring your own pumpkin. We'll have sweets to eat afterwards and pumpkin judging contest!

Barelas, Social Hall
Thursday, October 15
1:30 - 3:00 pm



Oktoberfest Dance

Hey, it's time to jump into your Dirndl and Lederhosen and yodel you way to our haus, Bear Canyon's celebrating Oktoberfest. Music by Swing Shift.

Bear Canyon
Thursday, October 15
6:00 - 9:00 pm
\$2.50



Halloween Luncheon

Join us for our annual Halloween luncheon, cake walk and Costume contest!

Highland, Social Hall
Thursday, October 29
\$4.00 Reservations Required
Lunch from 11:30 am - 12:00 pm



Rio Grande Player-Radio Show

The Rio Grande Players invite you to travel back in time to the Golden Age of Radio as we re-create an authentic radio episode from the 1930s-1950s era. Listen in, use your imagination and relive fond memories with us!

Bear Canyon, Social Hall
Friday, October 23
1:00 - 2:00 pm
FREE, refreshments will be served.



La Llorona - Storyteller

Beware! La Llorona is coming to Barelas! This famous ghost from Spanish folklore is known throughout the world for her eerie, spine chilling cries as she searches for her loved ones. In New Mexico, it is said she lived next door! Come listen to this famous New Mexico ghost story as told by Rosalia de Aragon. We'll have some spooky treats! Sponsored by NM Humanities Council

Barelas, Social Hall
Wednesday, October 28
12:00 - 1:00 pm

Spooktacular Annual Ball

You are invited to our FANGtastic Party! Eat drink and be SCARY!

Los Volcanes, Social Hall
Thursday, October 29
1:30 - 3:00 pm



Monster Mash Luncheon

Eat Drink and be Scary, wear a costume if you dare!

Bear Canyon, Social Hall
Friday, October 30th
\$4.00 Reservations Required
Lunch from 11:30 am - 1:00 pm

Special Shapes Rodeo Breakfast

The coveted views on our west end Balcony will be available to you at our annual Special Shapes Rodeo Breakfast. We will have hot coffee and breakfast burritos provided by our neighbor Whataburger.

North Domingo Baca
Friday, October 9
7:00 - 9:00 am



3rd Annual Pet Parade

Join the fun at the Halloween party made for you and your friendly pet. Bring yourself and your pet in a costume.

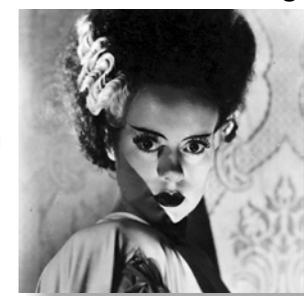
North Valley, Social Hall
Friday
October 30
10:00 am-12:00 pm



Halloween Monster Bash

Join us if you dare for fun! We will have food, music, dancing, and a costume contest. You'll have a haunting good time!

Barelas, Social Hall
Friday, Oct. 30
1:30 - 4:30 pm



OCTOBER 2015, con't.

Halloween Face Painting

A party is brewing! Come and get ready for our Monster Bash!

Barelas, Social Hall
 Friday, October 30
 10:00 am - 12:00 pm
 \$2.50 per person

Annual Family Halloween CarnEvil!

The ghostess with the mostess invites all the ghouls and goblins in the land for an afternoon of spooktacular games, food and a haunted house! Bring yourself and your furry friends in costume for a pet parade to see who is the scariest of them all. Hope to see you all there in the meantime happy hauntings!

Manzano Mesa
 Saturday, October 31
 10:00 am - 2:00 pm

NOVEMBER 2015

Family Science Night

Join us for a night of fun science experiments for the whole family! Make a catapult, create a geyser or harness the power of electrons in these exciting projects!

Manzano Mesa
 November TBD
 5:00 - 7:30 pm Free



Dia de los Muertos – The Day of the Dead

The party continues with a traditional festival celebrating the reunion of dead relatives with their families. In Spanish, All Saints Day and All Souls Day are known as El Dia de Todos los Santos and El Dia de los Muertos, respectively. This all stems from the ancient indigenous peoples of Mexico who believed that the souls of the dead return each year to visit with

their living relatives - to eat, drink and be merry; just like they did when they were living.

Barelas, Social Hall
 Monday, November 2
 11:00 am - 12:00 pm



Remembrance Day

On this special day let's take the time to remember all the brave men and women that have and are still serving our country.

North Valley, Social Hall
 Monday, November 9
 10:30 - 11:30 am

Veterans Appreciation Entertainment

Lunch entertainment in honor of our Veterans who gave so much

Los Volcanes, Social Hall
 Monday, November 9
 10:30 - 11:30 am
 Refreshments will be served.

North Domingo Baca
 Monday, November 9
 11:30 am - 12:30 pm

Veterans Memorial Garden Celebration

Please join us to honor our American Veterans both past and present in what has become an annual event here at Barelas. Enjoy the traditional music and join the military honor guard for a formal presentation of colors in the garden. Light refreshments will be served following the ceremony. Guests of honor will speak on the occasion. Please dress in red, white and blue to honor our veterans. Contact Patrick Turrieta, Garden Keeper or Theresa Winter for additional information or to assist with this event.

Barelas, Garden
 Monday, November 9
 9:00 - 11:00 am

Oso Canyon Art Fest

The 25th Annual Oso Canyon Art Fest is the place to be. This arts and crafts event features one-of-a-kind creations by talented local artists and crafters and it is the ideal place to find the perfect holiday gift. Refreshments will also be available for purchase. Tables rent for \$40 and go on sale August 3, 2015.

Bear Canyon
 Saturday, November 14,
 9:00 am - 3:00 pm

Relax for a Day Luncheon

As we start off the coming holiday season take time to enjoy this special luncheon before the chaos ensues. Dress for comfort and take this time to relax with friends.

Palo Duro, Mesquite room
 Thursday, November 19
 Lunch served at 11:30 am
 \$4.00 Reservations required

Eat, Drink & Be Thankful Luncheon

Thanksgiving is the time of the year, when we gather with friends so dear!

Barelas, Social Hall
 Wednesday, November 25
 11:30 am - 1:00 pm
 Reservations Required

Giving Thanks

We have so much to be thankful for. Open microphone to share.

North Domingo Baca
 Wednesday, November 25
 11:30 am - 12:30 pm



Harvest Luncheon

Let us be thankful together. Join us for Bear Canyon's annual Harvest Luncheon.

Bear Canyon, Social Hall
 Friday, November 20th
 \$4.00 Reservations Required
 Lunch from 11:30 am - 1:00 pm



Thanksgiving

Don't forget to make your reservation for our Annual Thanksgiving Luncheon, complete with Turkey, Dressing and all the festive Thanksgiving treats! (No Ala-carte menu on this day)

Highland, Social Hall
 Wednesday, November 25th
 \$3.25 Reservations Required
 Lunch from 11:30 am - 1:00 pm

Thanksgiving Luncheon

Join us for a traditional Thanksgiving meal and entertainment.

North Valley, Social Hall
 Wednesday, November 25th
 11:00 am - 12:30 pm
 Reservation Required, \$2 donation

The "Apple of my Eye" Thanksgiving Luncheon

It's a traditional Thanksgiving meal featuring entertainment with an apple twist.

Manzano Mesa, Social Hall
 Wednesday, November 25th
 11:30 am - 12:30 pm
 Reservation Required, \$2 donation

DECEMBER 2015

Tree Trimming

Bring or donate a special ornament to put on the North Valley Christmas tree. Hot cider and biscochitos will be served during this fun event.

North Valley, Social Hall
 Thursday, December 3
 9:30 - 10:30 am

Deck the Halls and Trim the Tree Party

We'll start at nine and end when it's done (or the hot chocolate is gone!)

Barelas, Lobby
 Thursday, December 3
 9:00 - 11:00 am



Tree Trimming

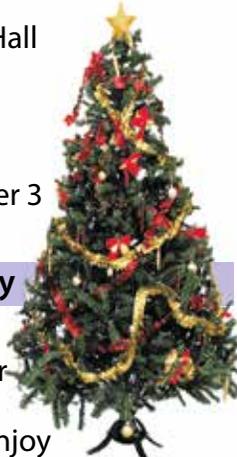
Join us as we decorate for the holiday season. Warm up with some hot chocolate, hot apple cider and holiday cookies, entertainment by Ray Lucero.

Bear Canyon, Social Hall
 Friday, December 4
 9:30 - 11:00 am

Los Volcanes, Lobby
 Wednesday, December 3
 10:00 am - 12:00 pm

Tree Trimming Party

Get in the Holiday Spirit. Personalize our Christmas Trees with your special touch. Enjoy refreshments and warm community spirit making our building sparkle and shine for the Holiday Season.



North Domingo Baca
 Friday, December 4
 9:00 - 10:30 am



Annual Holiday Arts & Crafts Fair

Come shop for the holidays. Enjoy all types of homemade arts and crafts, woodworking, bead work, paintings, jewelry and much more. Crafters - Be sure to sign up early as tables will sell out quickly.

North Valley, Social Hall
 Friday, December 4
 9:00 am - 2:00 pm

Tis' the Season Luncheon

It's a special time of year! Let's celebrate the season with a Holiday luncheon and to get you in the spirit, Christmas music from Highland's very own Harmonizers!

Highland, Social Hall
 Thursday, December 10
 \$4.00 Ticket Required
 Serving Lunch from
 11:30 am - 12 noon

*Join Us Now!!
 Membership is only \$13/Year*

Holiday Luncheon

Tis' the season to be jolly, naughty or nice so join your friends at Palo Duro for a traditional Holiday Luncheon.

Palo Duro, Mesquite room
 Thursday, December 17
 Lunch served at 11:30 am
 \$4.00 Reservations required

Holiday Tea Party

The weather outside may be frightful, but our tea party will be so delightful! Join us for some warm tea and refreshments!



Barelas, Lead/Coal
 Thursday, December 10
 11:00 am - 12:00 pm
 Reservations Requested.
 Limited to 24

"The Nutcracker in the Land of Enchantment"

Come and enjoy this wonderful classical performance by Festival Ballet with a touch of New Mexico!

Barelas, Lead/Coal
 Friday, December 11
 10:30 - 11:30 am

Holiday Cake Walk and Karaoke

Sing along to your favorite Christmas tunes while trying your luck at bringing home a holiday cake!

North Domingo Baca
 Friday, December 11
 10:00 - 11:30 am

Holiday Party

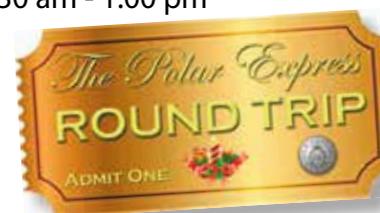
Entertainment and games will be part of the fun! Food, Desserts and Drinks will be served. Bring a dish if you would like. Sign up at front desk.

Los Volcanes, Social Hall
 Monday, December 14

Holiday Cake Walk

Walking and rocking around the Christmas tree. Try your luck and win a cake!

North Domingo Baca
 Thursday, December 17
 11:30 am - 1:00 pm



DEC. 2015, con't.

All Aboard...The Polar Express

All aboard as we sip hot coco from the hot chocolate station and snack on holiday goodies all the while watching the feature film. Don't forget your P.J.'s!

Manzano Mesa
Friday, December 18
5:00 - 8:30 pm
Free

Holiday Luncheon

Celebrate the season with your friends at Bear Canyon for our annual Holiday Luncheon.

Bear Canyon, Social Hall
Friday, December 18
\$4.00 Reservations Required
Lunch from 11:30 am - 1:00 pm

Holiday Pot Luck & Ornament Exchange

Join us for our annual pot luck. Bring a dish and an ornament if you want to participate. Entertainment and special prizes will be part of the fun!

North Valley, Social Hall
Friday, December 18
10:30 am - 12:30 pm

New Year's Eve Dance

Dancing, hor d'oeuvres, non-alcoholic drinks and party favors. This is the place to be, New Years Eve at the North Domingo Multigenerational Center. Get your tickets early. They will go fast. Free Event.

North Domingo Baca
Thursday, December 31
8:00 - 11:00 pm



New Year's Eve Dance

Ring in the New Year at Bear Canyon Senior Center, dancing, refreshments, party favors and entertainment by Trio Bravo.

Bear Canyon
Thursday, December 31
6:00 - 9:00 pm
Free Event

Holiday Ornament Making

We will have an ornament making class using ceramics pieces. Get into the holiday spirit by creating your own special Christmas ornament.

Barelas Senior Center
Tuesday, December 22
TBA



Most activities are free with membership unless otherwise indicated.



Bingo

Bingo with cash and prize giveaways, raffle drawings and refreshments.

- Barelas, Social Hall**
Tuesday, 1:15 - 3:45 pm
- Bear Canyon, Social Hall**
Wednesday, 1:30 - 4:00 pm
- Highland, Social Hall**
Monday, 1:15 - 3:30 pm
- Los Volcanes, Social Hall**
Friday, 1:30 - 3:30 pm
- Manzano Mesa, Social Hall**
Thursday, 1:30 - 4:00 pm
- Palo Duro, Mesquite**
Tuesday, 1:15 - 4:00 pm
\$1.75 and up to play

Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

- Barelas, Billiards Room**
Monday - Friday, 8:00 am - 5:00 pm
- Bear Canyon, Pool Room**
Monday - Friday 9:00 am - 4:45 pm
Saturday, 9:00 am - 2:45 pm
- Highland, Billiards Room**
Monday - Friday, 8:00 am - 5:00 pm
Saturday, 10:00 am - 4:00 pm
- Los Volcanes, Poolroom**
Monday - Friday, 8:00 am - 5:00 pm
Thursday, 8:00 am - 7:00 pm
Saturday, 9:00 am - 1:00 pm



- Manzano Mesa, Game Room**
Monday - Friday, 8:00 am - 8:50 pm
Saturday, 9:00 am - 2:50 pm
- Palo Duro**
Monday - Friday, 8:00am - 5:00 pm
Saturday, 9:00 am - 1:00 pm
- North Valley, Billiards Room**
Mon, Wed, Thur, Fri
8:00 am - 5:00 pm
Tuesday, 8:00 am - 7:00 pm
Sunday, 12:30 - 5:00 pm



Board Games and Puzzles

Play board games, cards, checkers, chess or Lotería (Spanish Bingo), or put together a jigsaw puzzle. Games available to be checked out at front desk.

- Barelas, Lobby**
Monday - Friday, 8:00 am - 4:00 pm
- Los Volcanes, Room 9**
Mon., Wed., Fri., 9:00 - 11:00 am
- North Valley, Social Hall**
Thursday, 9:30 - 11:00 am

Bridge

Manzano Mesa, Sitting Room
1st & 3rd Friday, 10:00 am - 2:30 pm



Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game or call 881-9725 to locate a possible partner.

Palo Duro, Cottonwood
Monday, 12:15 - 4:00 pm
Friday, 12:15 - 4:00 pm

Bridge, Senior Men's

Palo Duro, Aspen
1st Thursday, 12:30 - 4:00 pm

Bridge, Party

Offered throughout the week, most games require you to have your own foursome.

Los Volcanes, Room 10
Friday, 12:30 - 3:30 pm

Bridge

Highland, Room 3
Tuesday, 12:00 - 4:30 pm

Palo Duro, Aspen
Wednesday, 12:30 - 2:45 pm

Bridge: Saturday

For intermediate and advanced bridge players.

Manzano Mesa



Chess for Fun

Learn the basics, or the moves of the masters. All levels welcome.

Bear Canyon, Room 2
Monday 11:30 am - 2:30 pm
Wednesday, 1:30 - 4:30 pm
Coordinator: Don Lubin



Highland, Room 3
Wednesday, 1:00 - 3:00 pm

Los Volcanes, Lobby
Saturday, 10:00 am - 12:30 pm

Cribbage

North Valley, Room 4
Thursday, 1:30 - 4:00 pm

Palo Duro, Mesquite
Friday, 1:00 - 3:00 pm, Goodman

Hearts/Spades

Tuesday 9:00 am - 12:00 pm
Game Card Room



Shanghai Rummy

Bear Canyon, Room 4
Thursday, 12:30 - 4:00 pm

Game Time!

Come play a new game or an old favorite such as Scrabble, Uno, Apples to Apples, Rummy-O, Parcheesi, Backgammon or bring one of your own!

Palo Duro, Aspen
Wednesday, 12:25 - 4:15 pm

Mah Jongg

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.

Bear Canyon, Room 4
Monday, 12:30 - 4:30 pm
Instructor: Carrie Przehurat

Highland Room 4
Monday 1:00 - 4:00 pm

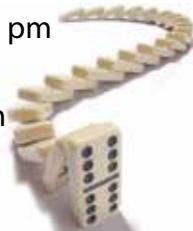
Los Volcanes, Room 10
Thursday, 12:30 - 4:15 pm



Mexican Train Dominoes

Highland, Room 4
Wednesday, 12:30 - 3:30 pm

Los Volcanes, Room 10
Tuesday, 12:00 - 3:00 pm



Pinochle

Bear Canyon, Room 4
Tuesday, 12:30 - 4:45 pm
Kathleen & Carlton Valcourt

Bear Canyon, Lobby
Tuesday, 9:30 - 11:30 am
Ray Kranz

Highland, Room 3
Tues. and Thurs., 12:00 - 4:00 pm

Los Volcanes, Lobby
Wednesday, 12:30 - 4:00 pm

Manzano Mesa, Room 4
Wednesday, 1:00 - 4:00 pm

Poker

Bear Canyon, Pool Room
Monday, Wednesday - Friday,
12:00 - 3:30 pm

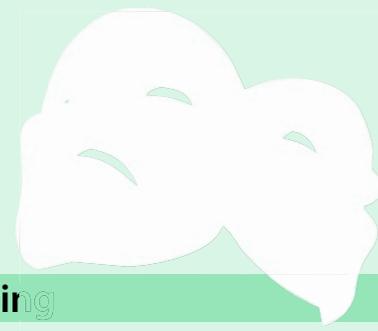
Los Volcanes, Room 9
Monday - Friday, 12:30 - 4:30 pm

North Valley, Library
Monday - Friday, 12:00 - 4:00 pm

Euchre

A trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

Los Volcanes, Room 1
Tuesday, 2:15 - 5:00 pm
Liz Terry



Acting

Rio Grande Players

This group welcomes seniors with an interest in theatre, no experience needed. Participate on and off stage.

Palo Duro, Aspen
Tuesday, 2:15 - 4:30 pm

Vintage Players

Members read and perform monologues, readings, skits, one act plays and original material.

Manzano Mesa, Room 3
4th Saturday, 10:00 am - 12:00 pm
Janet Porter

Bridge · Chess · Cribbage · Rummy
Game Time · Mah Jongg · Mexican
Train Dominoes · Pinochle · Poker · Euchre

Games
& Cards

Acting

Groups & Clubs

Acting, con't.

Highland Readers Theater

Starting each September we start to rehearse for adult plays; new people are encouraged to join in the month of April when the group is starting to rehearse for children's plays. No audition required; everyone is welcome.

Highland, Room 7
Tuesday, 3:15 - 5:00 pm

Arts and Crafts

Artist Series

Highland, Room 8
Monday, 9:30 - 11:30 am



Scents the Beginning: Essential Oils

North Domingo Baca, Room 1,
Community Room
4th Monday, 6:00 - 8:30 pm

Origami Group

North Valley, Room 4
1st Sunday, 1:30-3:30 pm



Knitting Guild

North Domingo Baca, Room 7
1st Saturday, 12:00 - 2:00 pm

NM Polymer Clay

N. Domingo Baca, Community Room
2nd Saturday, 12:00 - 3:00 pm

Westside Painting Group

Los Volcanes, Room 4
2nd Saturday, 10:00 am - 1:00 pm

Holiday Ornament Making

We will have an ornament making class using ceramics pieces. Get into the holiday spirit by creating your own special Christmas ornament.

Barelas
Tuesday, December 22
TBA



Auto and RV Clubs

Corvairs of New Mexico

A 37 year charter member of the Corvair Society of America, we meet to plan activities, talk mechanical issues and participate in social and charitable events.

Highland, Room 4
3rd Wednesday,
5:00 - 6:00 pm



N. Domingo Baca
Community Room
1st Wednesday, 7:00 - 8:30 pm

Siglo De Oro R.V. Club

Excursions around the state and beyond will highlight our travel season. Join us for our monthly business meeting and trip signup, followed by a "get together" luncheon at a local restaurant.

Bear Canyon, Social Hall West
3rd Tuesday, (except Nov., Dec.)
10:00 - 11:00 am



Book and Discussion

Classic and Great Books

Energize your mind.

Bear Canyon, Room 2
2nd & 4th Friday, 1:00 - 3:00 pm
Kathy Nunn

Bible Study

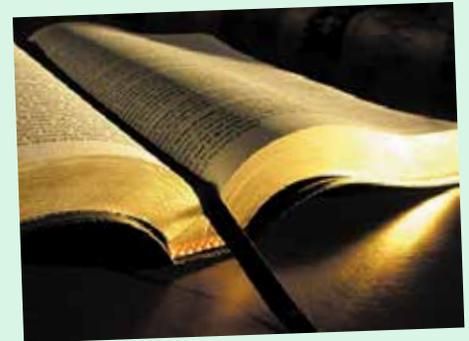
Explore ways to relate unchanging truths to life today. Open to all ages, faiths, and interest—sit in for any or all studies. Scripture portions are printed out for participants.

Los Volcanes, Room 2
Tuesday, 9:30 - 11:30 am
Maria Martinez, Jose Balboa

Manzano Mesa, Room 5
Thursday, 10:00 - 11:00 am

N. Domingo Baca, Community Rm.
Wednesday, 9:00 - 10:00 am
John Embery

North Valley, Room 3
Thursday, 9:30 - 10:30 am
Rev. Chavez



Community Bible Study

N. Domingo Baca, Classroom 1
Wednesday, 6:30 - 8:30 pm
Josh Peterson

Women's Bible Discussion

Manzano Mesa, Room 4
Tuesday, 10:30 am - 12:30 pm

History of the Bible

In this nondenominational class, we will be looking into Bible history, and how to study the Bible.

N. Domingo Baca, Classroom 7
Thursday, 11:00 am - 12:30 pm
Thursday, 6:30 - 8:00 pm
Bruce Leonard

Bilingual Bible Study

This study includes mariachi gospel music. Join us as we study scripture together in English and Spanish.

North Valley, SH-S
Monday, 10:30 - 11:30 am
Julian Padilla

Open Topic Discussion Group

Discuss ideas, values and problems of the times. Occasionally, guest speakers are invited.

Palo Duro, Aspen
Thursday, 1:00 - 3:00 pm
Gustafson

Mystery Book Club

All the books that we read are available at the public library. Everyone is welcome so please join us!

Palo Duro, Ponderosa
2nd Tuesday, 1:30 - 2:30 pm
Rankin

The Novel Etc. Book Club

Highland, Room 3
2nd Saturday, 2:30 - 4:00 pm

Romance Readers Book Club

North Domingo Baca, Room
1st Tuesday, 6:30 - 7:30 pm



Community Groups

Sociable Singles

Bear Canyon, Social
4th Thurs., Room, 5, 3:00 - 5:30 pm
Meeting, 1st Tuesday,
Room 1, 11:00 am - 1:00 pm
Meeting, 3rd Friday,
Room 4, 3:00 - 4:45 pm

Albuq. Roadrunners Club

N. Domingo Baca, Room 4
1st Wednesday, 6:30 - 8:30 pm
Glenda Muirhead

Bead Society of New Mexico

N. Domingo Baca, Room 5
4th Monday, 2:00 - 6:00 pm
Sue Ortiz

LGBT Meetings

This is a time to get together and share about what's happening in our lives and our community. Plus we will discuss ideas on how we can make things better for LGBT older adults and all the members of our community.

Highland, Room 7
Every 2nd Thursday
2:00 - 4:00 pm



Free Thinkers Toastmasters

Toastmasters International is a non-profit educational organization that operates clubs worldwide for the purpose of helping members improve their communication, public speaking, and leadership skills.

Manzano Mesa, Room 4
1st & 3rd Thursday
5:30 - 6:30 pm



Kirkland New Horizon Toastmasters

Toastmasters International is a non-profit educational organization that operates clubs worldwide for the purpose of helping members improve their communication, public speaking, and leadership skills.

Manzano Mesa, Room 5
1st & 3rd Friday
11:45 am - 1:30 pm

UFO/Paranormal Group

Manzano Mesa, Room 4
4th Saturday
12:00 - 2:50 pm



Albuquerque Cyberscribes Writing Group

This group puts writing projects online and reads these during meetings, We discuss writing principles and methods and sometimes divide parts and read screenplays out loud.



North Domingo Baca
Monday, 6:00 - 8:30 pm

Poetry Critique Group

North Domingo Baca
Wednesday, 10:00 am - 12:00 pm
Symbols of the Southwest

This is a group that studies 18th/19th Century playing cards/divination and gaming decks. We examine their origins, symbolism, artwork and their applications in gaming, both traditional and contemporary.

North Domingo Baca
4th Saturday, 12:30 - 2:30 pm

Colonial Park Association

Palo Duro, Piñon
Wednesday, 5:45 - 6:30 pm
July 15, Sept. 16, Nov. 18

Valle Del Canto Home-Owner's Association

Los Volcanes, Room 2
1st Thursday, 5:30 - 6:30 pm

Los Alamos Neighborhood Association (LANA)

Protects property values and promotes the continued proper land use in the Los Alamos Subdivision.

North Valley, Social Hall
Times and dates TBA
Mary Turpin

Near North Valley Neighborhood Association

North Valley, Social Hall
Times and Dates TBA

Family

Family Reclaiming Families

This community outreach project seeks to engage children of working refugee families in meaningful activities.

Manzano Mesa, Room 5
Monday, 6:30 - 7:30 pm
Nkazi Sinandile

Genealogy Club

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.



Bear Canyon, Room 4
3rd Friday, 12:30 - 2:30 pm
Otahal, Holub

Music

Accordion Group

Group open to accordion players of any level.

Bear Canyon, Room 3
2nd & 4th Thursday, 7:00 - 9:00 pm
Dan Wright

Palo Duro, Aspen
Friday, 9:00 am - 12:00 pm
Hendley

Palo Duro, Aspen
3rd Saturday
10:00 am - 12:00 pm
Hendly



Book & Discussion · Community Groups
Family · Music

Groups & Clubs

Music, con't.

Beartones

This is a four part (soprano, alto, tenor, and bass) singing group. Ability to read music is a plus.
Linda Thomas

Bear Canyon, Room 1
Thursday, 10:00 am - 12:00 pm

Choralaires

No musical training is required. Group also performs at community venues.

Palo Duro, Cottonwood
Monday, 9:00 - 11:00 am
Artery

Health Rhythms Empowerment Drumming

North Domingo Baca, Room 7
Tuesday, 7:00 - 8:15 pm



Guitar Group

For those who can play guitar in the keys of C-D-G-etc. Also, other instruments are welcome. You need your own instrument and music stand. We welcome musicians, amateurs and professionals.

Bear Canyon, Room 5
Monday, 2:00 - 4:00 pm
Instructor: Benavidez

North Valley, Social Hall
Tuesday, Friday, 10:00 - 11:45 am

Karaoke

Do you like to dance, do you like to sing? Maybe you can be a North Valley Karaoke Queen or King. Join us for Karaoke and dancing.

North Valley, SH
Thursday, 9:30 - 11:00 am



Piano Music

Piano music for your enjoyment.

North Valley, SH
Thursday, 11:00 am - 12:00 noon

Roadrunner Strummers

Peace, fun and harmony with the ukelele. New members welcomed.

Highland, Room 8
Saturday 10:00 am - 12:30 pm

Piano Workshop, Beginning/Intermediate (No summer classes)

Bear Canyon, Room 2
Thursday, 9:00 - 10:30 am

Piano Workshop, Intermediate (No summer classes)

Bear Canyon, Room 2
Thursday, 11:00 am - 12:00 pm



Violin Workshop
Bear Canyon, Room 1
Friday, 1:00 - 3:30 pm



Highland Harmonizers

Highland, Room 7
Wednesday, 10:00 am - 12:00 pm

Highland Hi-Toners

Highland, Room 7
1st, 2nd & 3rd Friday,
10:30 am - 12:00 pm

Jug Band Practice

Palo Duro, Juniper
Monday, 11:30 am - 1:00 pm
Homer



Mariachi Group

Barelas, Lead & Coal
Friday, 12:15 - 1:30 pm



Palo Duro Band Practice

For members who play an instrument.

Palo Duro, Aspen
Friday, 1:00 - 3:00 pm
Denhollander



Sing-A-Long

Manzano Mesa, Room 4
Tuesday, 1:00 - 2:15 pm
Richard Mabry



Alb. Recorder Orchestra

Palo Duro, Piñon
Saturday, 9:30 - 11:30 am
Hale or Shaw

Other Interest Groups

Soroptimist Int. of Albuquerque

N. Domingo Baca, Class 1
1st Monday, 5:30 - 7:45 pm
Joy Donelson

Scrabble Club

Highland, Saturday 12:00 - 3:45 pm

Canasta Hand & Foot

Bear Canyon, Room 4
Monday 12:15 - 4:30 pm
Annette Brannock/Ed Roush

Bear Canyon, Room 1
Thursday 12:30 - 4:30 PM
Bev Butterfield

Bridge Walk In

Bear Canyon, Room 3
Wednesday 12:30 - 3:30 pm
Thursday 8:30 - 11:30 am
Barbara



El Camino Real Garden Club

Sign up and join this free garden club as it starts its 3rd successful year of planning, planting, and growing a wonderful lush garden at the Barelas Senior Center.

Barelas, Social Hall
Monday, March 9
1:00 - 2:00 pm
Patrick Turrieta
Call for details

Duke City Fliers

North Domingo Baca, Community Rm.
2nd Thursday, 6:00 - 8:00 pm

Albuquerque Tea Party

We report on and plan non-partisan activities such as registering voters and educating participants on issues and candidate positions. ABQ Tea Party is non-partisan and does not exclude anyone because of party affiliation, religion, race, etc.

N. Domingo Baca, Community Rm.
Every Tuesday (except 3rd Tuesday),
6:30 - 9:00 pm
Marge Tapia

Alb. Wildlife Federation

Manzano Mesa, Room 3
2nd Thursday, 6:00 - 8:45 pm

Discussion on Philosophy and Related Topics

N. Domingo Baca, Community Rm.
3rd Tuesday, 6:00 - 8:45 pm

Libros Group Bookbinding Study Group

Manzano Mesa, Room 3
1st Saturday, 9:00 am - 12:00 pm

Youth in Model Railroading

N. Domingo Baca, Room 1
2nd Saturday, 12:00 - 2:30 pm



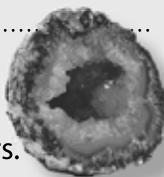
Palo Duro Philatelic Society

Join us for mixtures, the trading circuit and door prizes.

Palo Duro, Ponderosa
Monday, 11:15 am - 3:00 pm
Ellison

Rock Hound Club

Palo Duro, Aspen
Meetings: 1st and 3rd Thurs.
Noon - 1:00 pm
Trips: 2nd and 4th Thursday
8:15 am - 4:30 pm, 5¢/mile, Harris



VOICES OF THE VALLEY

Poetry Group

"Voices of the Valley" poetry group is about poets getting together to read, write and discuss poetry of all genres. (limit 8 in group).

North Valley, Computer Lab
2nd and 4th Friday, 1:00 - 3:00 pm

Investment

Invest in Debt

Manzano Mesa, Room 5
2nd Wednesday, 6:00 - 9:00 pm

Investment Club

Club follows the NAIC program

Palo Duro,
Computer Lab
3rd Wed.,
10:00 am - 12:00 pm



T.O.P.S. Take Off Pounds Sensibly

Bear Canyon, Room 4
Thursdays, 8:00 am - 9:15 pm

Manzano Mesa, Room 4
Friday, 10:00 - 11:30 am

North Domingo Baca, Room
Tuesday, 10:00 am - 12:00 pm

Palo Duro, Aspen
Monday, 11:45 am - 1:00 pm, Eberting

Senior Issues

Grey Panthers

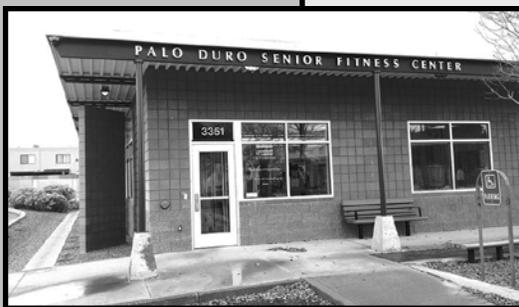
Grey Panthers brings together young, old, women, men, persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice.



Highland, Room 7
4th Sat., 1:00 - 3:00 pm

*There is a center
close to you!
See page 3*

**Center memberships
are only \$13 a year!**



NARFE Chapter 80

The National Association of Retired Federal Employees meets to preserve federal retirement and health benefits. Open to civilian employees, retirees, survivors and spouses with at least 5 years of federal government service.

Palo Duro, Mesquite Room
1st Sat., 11:00 am - 12:45 pm Mae

Retired Physicians Group

Palo Duro, Ponderosa
Monday, 3:00 - 4:30 pm, Dr. Castillo

Retired Public Employees Association Chapter #096

Los Volcanes, Room 2
Fri. (every 6 months) 1:00 - 3:00 pm
Larry Sullivan



Social Networking

Cherokees of New Mexico

Manzano Mesa, Room 4
3rd Saturday, 12:00 - 3:00 pm

Other Interest Groups • Poetry Group • Investment
T.O.P.S. • Senior Issues

Groups & Clubs

Social Networking, con't.

Red Hat Society

Join your senior sisters across the nation and the world, and greet middle age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.

Manzano Mesa, Social Hall
 3rd Thursday,
 10:00 - 11:30 am

Palo Duro, Aspen
 1st Saturday,
 11:00 am - 12:30 pm



Society of Creative Anachronism

Monthly Citizen's Meeting.
 Hear what is happening.

Manzano Mesa, Room 5
 3rd Tuesday, 6:00 - 8:50 pm

Vietnamese Senior Association

Meet to visit and enjoy social contact with other Vietnamese and to take trips within the community.

Manzano Mesa, Room 4
 Saturday, 9:00 am - 12:00 pm

FAFNM

North Domingo Baca
 Last Saturday of the month
 11:00 am - 2:00 pm



Outdoor Sports

Fishing Club

Fisherman and fisherwomen, join us for a lot of fun and camaraderie.

Bear Canyon, Room 1
 Club Meetings held the Monday before fishing trips
 1:00 - 2:00 pm
 Call Center for Dates
 Ken Nau

Los Volcanes,
 Trips: every other Thursday,
 Check in 5:00 am • Depart 5:15 am
 April - October
 Michael Gallegos, Abram Lucero

Pick up a Sports & Fitness Catalog for details on Winter Sports Activities!



North Valley

Meets: Monday, 11:00 am
 Trips: Tuesday, 6:00 am

Palo Duro, Mesquite
 Meetings: Thursday before trips 10:30 am

Trips: Every other Tuesday
 6:00 am • 4:00 pm
 5¢ per mile, Rozelle & Francke

Advanced Hiking

Enjoy these Advanced level hiking trips year round. Schedules are available at front desk or online at www.aschg.org 5¢/mile.

Bear Canyon

Every other Thursday starting July 9, 8:00 am
 Coordinator: Sandy McAvoy

Travel Clubs

Albuquerque Travel Partners
 We bring together lively seniors to discuss potential travel ideas.

Palo Duro, Piñon
 2nd and 4th Tues., 1:00 - 3:00 pm
 Garcia

Special Interests

Albuquerque Historic Aviation Society

A group is for aviation lovers to spend time visiting with fellow enthusiasts.

Bear Canyon, Rooms 3 & 4
 1st Thursday, 7:00 - 9:00 pm
 Harry Davidson 256-7212

Zia Sundials, Chapter #106

Members of the National Association of Watch and Clock Collectors.

Bear Canyon, Room 5
 2nd Saturday, 12:00 - 3:00 pm

Miscellaneous

Support Groups

Alzheimer's Caregivers Support Group

Bi-Lingual Spanish/English support group for caregivers of those caring for a loved one with Alzheimer's disease.

North Valley, Room 3
 2nd Thursday
 1:30 - 2:30 pm
 Alzheimer's Association, NM Chapter

Essential Tremors Support Group

Palo Duro, Ponderosa
 3rd Saturday, 10:00 am - 12:00 pm
 gluten Intolerance

Prostate Cancer Support Association of NM, Inc.

Bear Canyon, Room 3
 1st & 3rd Saturday, 12:30 - 3:00 pm
 Lou Reimer, 254-7784

Deaf Seniors Citizens of Greater Albuquerque

Palo Duro, Cottonwood
 Thursday, 8:30 am - 12:00 pm
 Seth & Johnson

Grief Support Group

Join this caring group of individuals and find the support you need. All are welcome to attend. No registration is necessary.

Bear Canyon, Room 2
 Monday, 3:00 - 4:30 pm
 Joanne Rupprecht

Parkinson's Education

The New Mexico Parkinson's Disease Coalition holds semi-monthly education meetings for people with Parkinson's, care partners, families and interested professionals. For More Details call 219-5065

Highland, Social Hall
 Sat., Aug. 15, Oct. 17, Dec. 19
 1:00 - 2:30 pm

What's happening at the Kimo Theatre?

See page 35



JULY - DEC. 2015

Prior Sign-up is required to attend presentations. Call appropriate center to register.

Health Awareness and Prevention

Dementia Memory Care

Become familiar with the different types and causes of dementia and discover strategies to cope with its progression whether you or a loved one develop some form of this disease which affects 50% of people over the age of 85.

Palo Duro, Ponderosa
Wednesday, July 22
9:30 am
Stephanie Cousins, Hospice Liaison, BSN

CPR

North Valley, Room 5
Wednesday, July 29
9:30 - 10:30 am
Project Heart Start

Bear Canyon, Room 4
Wednesday, July 22 & August 26
10:00 - 11:00 am
Project Heart Start

First Aid

All Essential Oils are potential candidates for a first aid kit because of their many uses. This class will discuss six of those oils and their uses.

Barelas, Lead/Coal
Thursday, August 6
11:00 am - 12:00 pm
Deb Garey, doTERRA



Allergies

Allergies involve exaggerated responses of the immune system, often to substances such as food, chemicals or pollen. This response is called an allergic reaction. This class offers suggestions for Essential Oils that may eliminate the symptoms of the allergic reaction.

Barelas, Lead/Coal
Thursday,
September 10
11:00 am - 12:00 pm
Deb Garey,
doTERRA



Understanding NM Traditional Healing Methods

As we began to address the health needs of our aging community, we are making efforts to blend the wisdom of our elders and ancestors. We would like to support and educate the community regarding the blending of both allopathic and traditional medicine and how it can help improve the health of our elders. We know that over the years our community diets and lifestyles have changed and our community is not as healthy. We need to return to our cultural wisdom of traditional medicine, and health modification. This workshop will give an in-depth explanation on the different types of traditional medicine, and the history. The overall goal is to remember the medicine of our ancestors to help us bring a balance to our mind, body and spirit. In addition, we would like to inspire the grandparents and parents to begin teaching their children about traditional medicine.

Barelas, Lead /Coal
Tuesday, September 22
10:00 am • 12:00 pm
Tuesday, September 29
10:00 am • 12:00 pm
Tonita Gonzales



Pain Management

The Albuquerque Grand would like present a talk on pain. "Pain, Pain go away, come again... well, never."

North Valley, Room 4
Wednesday, September 30
9:30 - 10:30 am

Acupuncture

"The overall aim of acupuncture is to restore the body's equilibrium and it can be extremely beneficial in helping the elderly. Dr. Li Xu, Ph.D.(Acupuncture), Doctor of Oriental Medicine, will present how you can use certain acupressure points to reduce your pain, improve digestion, maintain your blood sugar and blood pressure, and improve your mood and energy."

Bear Canyon, Room 5
Wednesday, October 7
10:00 - 11:00 am
Li Xu



Recognizing the signs of Alzheimer's

Learn to recognize the signs of Alzheimer's and how to distinguish the differences between Alzheimer's and dementia. Find the help you need and learn coping skills to take care of your loved ones suffering with this illness.

North Valley, Room 4
Wednesday, October 21
9:30 - 10:30 am

A Matter of Balance, Managing concerns about Falls

This program is sponsored by UNMH Trauma Support Program. This is an eight week program.

Session 1: Introduction to the Program
Session 2: Exploring Thoughts and Concerns about Falling
Session 3: Exercise and Fall Prevention
Session 4: Assertiveness and Fall Prevention
Session 5: Managing Concerns about Falling
Session 6: Recognizing Fall-ty Habits
Session 7: Recognizing Fall Hazards in the Home and Community
Session 8: Practicing No Fall-ty Habits, Fall Prevention Putting it all Together

North Valley, Room 3 & 4
Friday, October 23-December 11
10:00 - 11:30 am



Macular Degeneration & Vision Problems

If you or a loved one is suffering with vision problems this presentation is for you. Learn more about macular degeneration and how to cope with vision loss. Also learn what the 20/20 Club is and what it can do for those of you suffering with macular degeneration and other vision problems.

North Valley, Room 4
Wednesday, October 28
9:30 - 10:30 am

Cooking with Diabetes

In honor of Diabetes Awareness Month, join us for a cooking demonstration and presentation on healthy eating overall!

Manzano Mesa, Room 4
Tuesday, November 3
10:00 - 11:00 am
Helping Hands

The Signs and Symptoms of Stroke

Learn to recognize the signs and symptoms of stroke, risk factors, stroke terminology and treatments available. Also, get information about the Albuquerque Stroke Club and what role they have in helping those who have suffered a stroke.

North Valley, Room 4
Wednesday, November 4
9:30 - 10:30 am

Depression and the Holidays

Depression during the holidays is common in the elderly. Learn how to recognize and get help for those who are depressed. Depression if left undiagnosed and untreated can lead to loss of independence; aggravate symptoms of other illnesses, lead to premature death and or result in suicide.

North Valley, Room 3
Wednesday, December 2
9:30 - 10:30 am

Special Services



Assistive Technology

The New Mexico Technology Assistance program (NMTAP) helps New Mexicans with disabilities enhance their quality of life through the use of assistive technology. In this presentation we will interactively explore different types of Assistive Technology and how it can improve your quality of life.

Highland, Room 7
Thursday, July 30
9:00 - 10:00 am
Sponsored by: NMTAP

Palo Duro, Ponderosa
Wednesday, August 19
9:30 am
Presenter: Samuel J. Castillo,
Assistive Technology Coordinator

VA Benefits Workshop-American Patriot Service Corp.

Join us for a Veterans Benefits Workshop to address special benefits exclusively for veterans and their spouses. Call 505-702-8027 to see if you may be eligible prior to attending the workshop.

North Valley, Room 4
Wednesday, July 15
9:30 - 11:00 am

Palo Duro, Cottonwood
Wednesday, August 12
5:30 pm
Presenter: Kathy Robertson,
Coordinator



Financial

Financial Fraud Schemes against the Elderly & Ways to Protect Yourself

The Department of Homeland Security-Homeland Security Investigations, in conjunction with the NM Attorney General's Office, will discuss how to avoid identity theft, lottery and sweepstake scams, telemarketing fraud, credit card fraud, advance fee schemes, mail theft, and pyramid schemes.

Barelas, Lead/Coal
Tuesday, September 15
10:00 - 11:00 am
United States Department of Homeland Security

North Valley, Room 4
Wednesday, September 23
9:30 - 10:30 am

Palo Duro, Ponderosa
Wednesday, November 18
9:30 am
Presenter: Denise Gutierrez, Victim Assistance Specialist



Beyond Shredding & Locking up: The Other Types of ID Theft

December – it's holiday time -- and the beginning of the most dangerous season for ID Theft! ID Theft Specialist Gwentyth Lewis will teach you the secrets to defending yourself and your loved ones.

Highland, Room 7
Thursday, December 3
10:00 - 11:00 am

Do you enjoy theater?
Join us at the Adobe Theater for "The Miss Firecracker Contest" or other wonderful performances.
See Page 68 for details.



Cultural Services

ABC Library

ABC Libraray wants you to Join a Book Club @ Your Library! With 18 libraries, it won't be hard to find a club you enjoy! *For more information, please visit <http://abclibrary.org/books/groups>*

Join a Book Club @ Your Library Mysteries at Cherry Hills

First Tuesday of the month; 6 - 7:30 pm

Cherry Hills Book Discussion Group

First Friday of the month; 10:30 am - noon

Spanish Literature Book Group at Cherry Hills

Varied dates. See the Cherry Hills event calendar

Women's Friendship in Literature Book Study at Cherry Hills

3rd Tuesday of the month; 6 - 7:30 pm

Erna Fergusson Book Club

First Wednesday of the month; 6 - 7:30 pm

Bookworms at Juan Tabo

Third Tuesday of the month;
1:30 - 2:30 pm

ABC Seed Library Bookgroup at Juan Tabo

Third Tuesday of the month; 6 - 7:30 pm

Reading the Southwest at Juan Tabo

Third Thursday of the month;
1:30 - 2:30 pm

Lomas Tramway Book Club

First Wednesday of the month; 2 - 3:15 pm

Graphic Novel Club at Lomas Tramway

First Saturday of the month; 2 - 3 pm

Los Griegos Book Group

Fourth Friday of the month; 3 - 4:30 pm

Los Griegos Magical Mysteries Tour

Third Saturday of the month; 3 - 4:30 pm

Main Library's Wide World of Mystery

Last Friday of the Month; 12 noon.

North Valley Book Club

One Friday, every month Check for dates;
12 noon.

South Valley Book Discussion Group

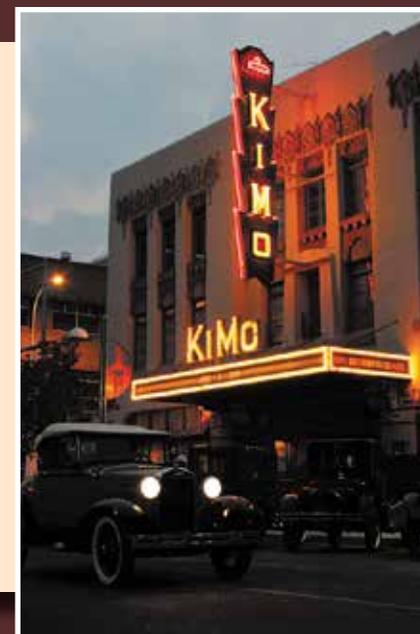
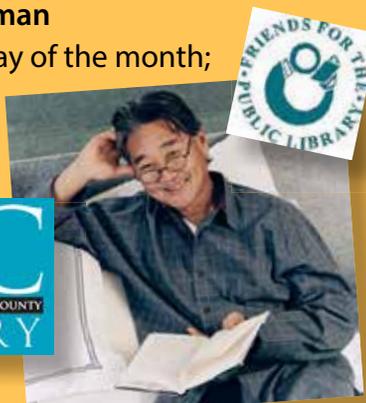
One Saturday, every month. Check for
dates; 12 noon.

Taylor Ranch Reading Group

Second Saturday of the month;
2 - 3:30 pm

Who Dunit? Mystery Book Club at Tony Hillerman

Second Tuesday of the month;
3 - 4:30 pm



The KiMo Theatre

423 Central Avenue NW

Each summer the KiMo presents a variety of classics films, from Movie Musicals to this summer's SCI-Fi Sequels and Second Takes. In the fall, a variety of local arts groups return the KiMo Stage. The New Mexico Young Actors take to the stage in November 3-8. Ballet Repertory Theatre presents the annual holiday classic The Nutcracker in December. Show Monkey Productions also returns this year with two performances of their annual magic show Hocus Pocus on November 28.



Website:
www.ABQBioPark.com

Zoo
903 10th Street SW
Phone 505-768-2000 or 311 locally.

Botanic Garden/Aquarium
2601 Central Ave NW
Phone 505-768-2000 or 311 locally.

Tingley Beach
1800 Tingley Drive SW
Phone 505-768-2000 or 311 locally.



July

- Zoo Music Concerts**
Every Friday night through August 7
- Summer Nights Concerts**
Music at the BG every Thursday night through August 27
- Old-Thyme Music at BG Heritage Farm**
Saturdays through August. 11 a.m. - 1 p.m.
- Evening Tours**
Bosque Moonlight Hikes, Night Walks at the Botanic Garden and Twilight Tours at the Zoo.
Select tours Tuesday evenings through August 25.

August

- New Volunteer Orientation At the Zoo**
August 6, 11 a.m. - 1 p.m.
- Horticulture & Garden Railroad Volunteer Training at the BG**
August 12, 9:30 a.m. - 3:30 p.m.

September

- BioVan Ranger Volunteer Training at BG/AQ**
Sept 4, 9:30 a.m. - 3:30 p.m.
- Touch pool Volunteer Training At the AQ**
Sept 10, 9:30 a.m. - 3:30 p.m.
- BioPark Greeter Training**
Sept 23, 9:30 a.m. - 3:30 p.m.

October

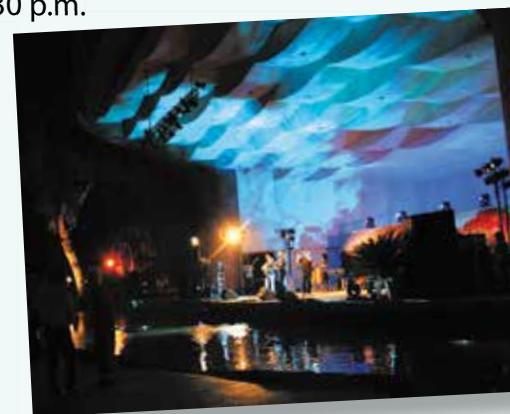
- BUGarium Opens at the BG**
Oct 2 Ribbon cutting time TBA
- Heritage Farm Cider Festival at the BG**
Oct 10, 10 a.m.- 4 p.m.

November

- Orangutan Awareness Day at the Zoo**
Nov 14, 10 a.m. - 2 p.m.
- River of Lights at the BG**
Nov 28 through Jan 4

December

- Holiday Nature Crafts at the BG**
Dec 2, 9 & 16, 6 - 8 p.m.
- Touchpool Volunteer Training at the AQ**
Dec 12, 9:30 a.m. - 3:30 p.m.
- Kadomatsu in the Japanese Garden at the BG**
Dec 19
10 a.m. - 2 p.m.
- Holiday Enrichment at the Zoo**
Dec 19
9 - 11 a.m.



Anderson-Abruzzo Albuquerque International Balloon Museum

9201 Balloon Museum Drive NE Open Tues - Sun. 9 am - 5 pm

Albuquerque's air and space museum, highlighting lighter-than-air exhibits.

October 2015

The Balloon Museum marks its 10th year anniversary this fall with events and activities to celebrate the history, art, culture, science and sport of ballooning and lighter-than-air craft. During the week of Balloon Fiesta®, our museum hosts thousands of visitors from around the world with special programming and entertainment.



Special Events



Route 66 Summerfest

Saturday, July 18, 2015
2-10:30 p.m.
Central Avenue in Historic Nob Hill

The City of Albuquerque, Nob Hill Main Street, and the New Mexico Jazz Festival invite you to the annual Route 66 Summerfest! This mile-long stretch of free fun located on Central Ave. in Historic Nob Hill will feature up to 25 music artists including national headliner Roomful of Blues. Shop with great local vendors and artists in the Mother Road Market and enjoy great dining with local food trucks. Have a blast at the free kids' activities, walk the Old Route 66 Car Show, and unwind with a good drink at Cork & Tap. For more information visit CultureABQ.com or call 311.

Downtown Summerfest

Saturday, August 8, 2015
5-10:30 p.m.
Civic Plaza

You are invited to downtown Albuquerque for a night of free enjoyment. Summerfest is returning to

Civic Plaza! There will be live music from local bands, leading up to the national headliner Taylor Dayne, singer of smash hits "Tell It to My Heart," and "Love Will Lead You Back." Shop the market of hand-made goods provided by local artisans, enjoy free kids' activities, savor some local favorites from on-site food trucks, and sip on some local brews in the Microbrew Garden! For more information visit CultureABQ.com or call 311.

Westside Summerfest

Saturday Aug. 22, 2015
5-10:30 p.m.
Cottonwood Corners; Ellison Dr. between Cottonwood Drive and Alameda

Join us for the last Summerfest of the season! Come out to Cottonwood Corners for this free event. Rock out to live music performed by national headliner George Clinton and Parliament Funkadelic. Enjoy exploring the different crafts offered by local artisans and bring the kids for a day filled with food, fun, and great activities. There will also be a selection of some of Albuquerque's local food vendors, as well as a microbrew garden. For more information visit CultureABQ.com or call 311.



Twinkle Light Parade

Saturday, December 5, 2015

This annual holiday parade that lights up the night, dazzling children and adults alike with twinkling floats, marching bands, antique cars and costumed characters, steps off at 5:15 p.m.

South Broadway Cultural Center

November

Día de los Muertos

Día de los Muertos, or Day of the Dead, is celebrated throughout Mexico and around the southwest United States as a time to recall family, friends, and loved ones who have died. Each year, South Broadway Cultural Center joins in the celebration with holiday altars and artwork displayed inside the center's art gallery.



Nov 1 - 28, 2015 with a public reception taking place on Nov 1 from noon - 6 p.m.

December

La Guadalupana Exhibit

The South Broadway Cultural Center and the South Broadway Library are honored to be part of this annual tradition. It is celebrated with the Los Guadalupanos of St. Francis Xavier Church by selecting a family to erect an altar in the Cultural Center's gallery.

Dec 12, 2015 - Jan 2, 2016 with a public reception on Dec 12 from 6 - 8 p.m.



FREE admission to the Albuquerque Museum and the Balloon Museum on the first Friday of the month and Sunday from 9 am - 1 pm (Except during Balloon Fiesta and when fee-based programs are offered at normally free times).

Please Note:
\$ Indicates it is a paid event

For information www.CultureABQ.com
or call 311 (Relay NM or 711)



ALBUQUERQUE MUSEUM

2000 Mountain Road NW
Open Tues.-Sun. 9 am – 5 pm



Killer Heels - The Art of the High-Heeled Shoe

May 30 – August 9

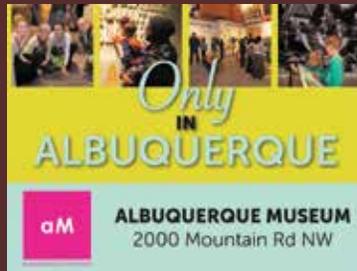
Killer Heels explores fashion's most provocative accessory. From the high platform chopines of sixteenth-century Italy to the glamorous stilettos on today's runways and red carpets, the exhibition looks at the high-heeled shoe's rich and varied history and its enduring place in our popular imagination. Killer Heels: The Art of the High-Heeled Shoe is organized by the Brooklyn Museum.



Only in Albuquerque

New! – Ongoing

This exhibition, located in the Museum's brand new history gallery, features a greatly expanded story of Albuquerque's history from before written history to the present, set in an engaging, fun, and interactive atmosphere.



Making it Modern: Folk Art from the Elie & Viola Nadelman Collection

September 5 – November 29

Making it Modern: The Folk Art Collection of Elie and Viola Nadelman includes approximately one hundred outstanding works, both utilitarian and decorative, ranging from imposing, large-scale sculptures to small household/domestic objects.

Miniatures and More

October 25 – December 6

Miniatures & More is the Albuquerque Museum Foundation's annual art exhibition and auction featuring more than 100 artists and 300 works of art of all genres.

Chasing the Cure to Albuquerque

Ongoing

A grim pronouncement from one's doctor at the turn of the century was tuberculosis. Many sufferers made their way to the American Southwest. The high desert climate and air was advertised as a panacea. Modern Albuquerque was built by the railroad steam engine and the engine of tuberculosis. This special exhibit from the Museum's photo archives focuses on the sanatoriums of Albuquerque and their precursors to the medical care facilities we have today.

FREE admission to the Albuquerque Museum on the first Wednesday of the month, Saturdays from 2 – 5 pm, and Sundays from 9 – 1 pm.

HISTORIC OLD TOWN



Summertime in Old Town

Every Friday & Saturday from 7-9 p.m. and Sundays from 1-4 p.m., enjoy free entertainment in the Old Town Plaza through September.



Balloon Fiesta Week in Old Town

Celebrate the International Balloon Fiesta in Albuquerque's Historic Old Town Plaza with a week of free live entertainment from 11 a.m. to 5 p.m. The Gazebo will host musicians of various genres who call New Mexico their home.



11th Annual Salsa Fiesta

Saturday, September 12, 2015
12 – 8 p.m.

Mayor Richard J. Berry invites you to the 11th Annual Salsa Fiesta. Help us decide who makes the best Salsa in Albuquerque. At the Old Town Salsa Fiesta, contestants make their homemade salsa on site and you get to be the judge when you taste and vote for the best salsa in town.

SALSA FIESTA

in Old Town

The plaza is filled with salsa music, dance and more!

Saturday, September 12
12 - 8 p.m.



Healthcare in Retirement

Healthcare will likely be one of the biggest retirement expenses... around \$220,000 for the average 65 year old couple over a 20 year retirement. Yet many people nearing retirement don't understand the risks health care costs pose to their financial plan and aren't prepared. Some may be planning for Medicare or private insurance to pay for these costs, but they'll likely pay a significant portion out of their own pocket. Add to this challenge the rising cost of health care and the possibility of needing long term care and it becomes clear that planning for health care costs is important for achieving financial security in retirement.

Manzano Mesa, Room 4
Tuesday, December 8
6:30 - 8:00 pm
Brad Yablonsky Financial Advisor

Understanding Medicare

Original Medicare has many different parts. Do you understand Medicare? If you don't, you may want to attend this seminar which will give you an overview. Learn about Medicare eligibility and enrollments.

Palo Duro, Cottonwood
Wednesday, September 2
5:30 pm
Presenter: Jo Tillotson, BCBS of NM

Senior Issues

Start the Conversation

Talking about death does not make you dead! But it can be difficult. What decisions can you make now? Who will carry out your wishes? Let's explore how to start the conversation with family and friends. This is a non-religious, free presentation with handouts for you to take home and complete.

Palo Duro, Ponderosa
Thursday, July 16
10:00 am
Presenter: Sandra Firth, Compassion Choices

Learn to use that new camera!
See page 11



Highland, Room 7
Thursday, September 3
9:00 - 10:00 am
Sponsored by: Compassion & Choices ABQ. Action Team

Bear Canyon, Room 5
Wednesday, November 4
10:00 - 11:00 am
Presenter: Compassion & Choices Albuquerque Action Team

Advance Healthcare Directives: You Can Do It!

Still confused about how to complete an advance directive? This workshop will cover practical tips for completing healthcare directives including more in depth discussion of the issues presented in the "Start the Conversation" sessions as well as the opportunity to ask specific questions. Several facilitators from Compassion & Choices Albuquerque Action Team will be there to answer questions.

Highland, Room 7
Thursday, October 1
9:00 - 10:30 am

Advanced Funeral Planning

Come to a seminar on the "What's and Why's" of funeral planning. We know you have choices and what we want to do is provide you the answers you need so you can make the best choice for you and your family.

Palo Duro, Ponderosa
Wednesday, October 21
9:30 am
Presenter: Karla Barela, French Advanced Planning



Crime Prevention

Learn how to report a crime, to be aware and safe in public, how targets and opportunity relate to crime, auto theft and burglary awareness, residential safety and security and scam awareness.

Bear Canyon, Room 5
Wednesday, December 2
10:00 - 11:00 am
Presenter: Steve Sink

Estate Planning

This presentation will cover the basics of estate planning.

Manzano Mesa, Room 4
Tuesday, July 14
10:00 - 11:00 am
Senior Law Office



Of Special Interest - Gardening, History, Science & Technology

Spa Products

We will help you create a spa like environment in your home using simple household ingredients and Essential Oils.
Barelas, Lead/Coal

Thursday, July 9
11:00 am - 12:00 pm
Deborah Garey - Essential Oils

Finding Your Light

This class focuses on assisting participants in figuring out what they want to do with their lives. It includes a guided meditation and an interactive brainstorming session. It is entirely in nature.

Manzano Mesa
Room 4
Friday, July 10
6:00 - 8:00 pm

Bear Canyon
Wednesday,
August 5
10:00 am - 12:00 pm

Los Volcanes
Friday, September 18
2:30 - 4:30 pm



Estate Planning: Where to Begin

This presentation will cover the basics of Estate Planning.

Manzano Mesa, Room 4
Tuesday, July 14
10:00 - 11:00 am
Senior Law Office

Wilderness Survival 10 (Monthly Seminar)

Do you think you have what it takes to survive in the wilderness? Come learn what it takes to survive a night lost in the woods.

Manzano Mesa, Room 5
Beginning Tuesday, July 14 (2nd Tuesday of the Month)
6:30 - 8:00 pm
Eric Mora Sandia Mountain School



Natural health solutions using Essential oils (Monthly Seminar)

Discover what essential oils are and how they can be used to protect and maintain your health in a natural way, without side effects.

July 20th. Essential Oil basics
Aug 17th. Back to School with essential oils
Sept. 21 Stress Management with essential oils
Oct. 19 control your weight through the holidays with essential oils
Nov 16 essential oil lotions and potions

Manzano Mesa, Room 3
3rd Monday
6:00 - 7:00 pm
Martice Endres

Most activities are free with membership unless otherwise noted.



Home Composting Basics

Learn the science, art, materials, methods and benefits of home composting and soil amending.

Highland, Room 2
Saturday, July 25
10:30am - 12:30 pm
Sponsored by: Bernalillo County Extension

Bear Canyon, Room 5
Wednesday, July 15
10:00 - 11:00 am
Presenter: Bernalillo County Extension

Introduction to Smart Phones & iPads

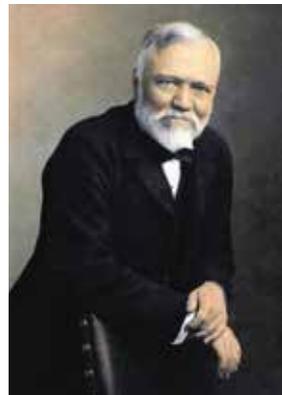
Learn how to use Smartphones. Bring Your iPad, iPhone, And Questions!

Barelas, Stover
Wednesday, July 22
8:30 - 9:30 am
Jim Moore - AcuCell

Andrew Carnegie

Andrew Carnegie, the steel titan, was once hated for acquiring a huge fortune by often ruthless means – a typical “Robber Baron.” But he was anything but typical. Carnegie transformed his public image with his later sizable and respected philanthropy. Come and hear about the astonishing life of Andrew Carnegie, true rags to riches story, and how he changed the world.

Bear Canyon, Room 5
Wednesday, July 29
10:00 - 11:00 am
Presenter: Carol Ann Venturini



Composting with Worms

Learn the science, art, materials, methods and benefits of composting with red worms.

Highland, Room 2
Saturday, August 1
10:30 am – 12:30 pm
Sponsored by: Bernalillo County Extension



Bear Canyon, Room 5
Wednesday, August 12
10:00 - 11:00 am
Presenter: Bernalillo County Extension

Hollywood Rat Pack

Frank Sinatra, Dean Martin, Peter Lawford and Sammy Davis Jr. were members of the infamous Hollywood Rat Pack. How did these entertainers get together? Did they get along off the stage as well as they did on stage? Come and join us to hear the absorbing story of the Hollywood Rat Pack.

Manzano Mesa, Room 4
Tuesday, December 15
9:30 - 11:00 am
Carol Vecini



Genealogy & Family History

You will be introduced to Genealogy and Family History and we will discuss the importance of beginning your search close to home. You will learn basic research concepts, types of information sources, and the importance of assessing and using data effectively, recognizing the benefits and limitations of online data sources, and the value of becoming a history buff. Bill will also discuss readily available data sources at the Genealogy Center and share some of his favorite personal success stories.

Barelas, Lead/Coal
Tuesday, August 11
10:00 - 11:00 am
Bill Farmer



Women in WWII: The Wasps"

The WASPs were initially organized to ferry new planes from the production lines to military bases in the States and thus free up male U.S. Army pilots for combat assignments: but their duties were eventually expanded to provide other pilot related services. This session covers their development and operation during the war years as well as the post-war struggle to gain the official recognition they deserved.

Highland, Room 7
Thursday, August 13
9:00 am – 10:30 am
Sponsored by: Osher lifelong Learning Institute

"Why do we say that?"

Are you a maverick, teetotaler, or doozy? Stuck with a white elephant? Ever been like Flynn? Learn the history and surnames shape these and other colorful terms we separate the wheat from the chaff of language.

Highland, Room 7
Thursday, August 27
9:00 – 10:30 am
Sponsored by: Osher Lifelong Learning Institute

Bear Canyon, Room 5
Wednesday, September 9
10:00 - 11:30 am
Instructor: Roberta Boggess, MA, Award-Winning High School Teacher

Turkey

Come experience Ray's bus journey throughout western Turkey. Featuring Istanbul, Gallipoli, Troy, Izmir, Pamukkale, Antalya, Ephesus, Aphrodisias, Konya, Cappadocia, & Ankara. A great experience in a country seeped in ancient cultures including the Romans, the Greeks, the Ottoman Empire, Constantine's Empire, & much more.

Bear Canyon, Room 5
Wednesday, August 19
10:00 - 11:00 am
Presenter: Ray Rachkowski

Hollywood Dancers

Together Fred Astaire and Ginger Rogers delighted audiences with their priceless dancing, singing and acting, but they had separate careers too. How did each get started in show business and how did they meet and become dancing partners? Was it all fun being America's dancing darlings? How well did they really share the Hollywood spotlight? Let's delve into the real life stories and careers of this charming pair.

Palo Duro
Thursday, September 3
10:00 am
Ponderosa
Presenter: Carol Venturini



Gardening in the 505

What works? What doesn't? Let's learn the ins and outs of gardening in Albuquerque!

Manzano Mesa, Room 4
Tuesday, September 15
10:00 - 11:30 am
Presenter Karen Davis



Bucket Composting

Learn the science, art, materials, methods and benefits of the Bokashi and other bucket composting choices.

Bear Canyon, Room 5
Wednesday, September 2
10:00 - 11:00 am
Presenter: Bernalillo County Extension

Highland, Room 2
Saturday, September 19
10:30 am – 12:30 pm
Sponsored by: Bernalillo County Extension



Solar System: Asteroids, Comets, and Kuiper Belt Objects

The Dawn spacecraft began orbiting the largest asteroid, Ceres, in March 2015. The New Horizons spacecraft is due to fly by the Kuiper Belt Object (formerly planet) Pluto in July 2015. Find out what we're learning from our first close-up images of these two solar system bodies along with an overview of other spacecraft missions to asteroids and comets.

Palo Duro
Wednesday, September 23
9:30 am
Ponderosa

Manzano Mesa, Room 4
Tuesday, October 20
10:00 - 11:30 am
Len Duda
Presenter: Len Duda, NASA JPL Solar System Ambassador

My 34 Year Love Affair with Maui

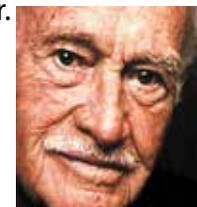
My wife & I went to Hawaii on our honeymoon. We fell in love with the islands, particularly Maui. We kept returning for short vacations & finally bought a condo there in 1989. Since retiring, we go there every year for extended vacations. Let me show you our view of the Valley Isle – MAUI !!

Bear Canyon, Room 5
Wednesday, September 23
10:00 - 11:00 am
Presenter: Ray Rachkowski

Conrad Hilton

Conrad Hilton was world known as the founder of the famous Hilton Hotels. How did this man raised in a small New Mexican town get into the hotel business and how did he survive the Great Depression when many other businesses failed to do so? Come and join us as we reveal the life of this eminent hotelier.

Palo Duro, Ponderosa
Thursday, October 1
10:00 am
Presenter:
Carol Venturini



Pruning

Many plants, trees & shrubs benefit from regular pruning. The questions remain; when, how, and which plants do you prune? Come and learn the basics.



Manzano Mesa, Room 5
 Tuesday, October 6
 10:00 - 11:30 am
 Presenter Karen Davis

The Viking World

Marauders or Merchants? The Vikings had a justifiably fearsome reputation; in the Middle Ages prayers regularly ended with "and Lord, preserve us from the Northmen." But they were much more than thieves and killers spanning the world from Kiev to Vinland, from Norway to Sicily, from England to Byzantium. Learn about a culture that was rich in art and literature, too.



Palo Duro, Ponderosa
 Wednesday, October 7
 9:30 am
 Presenter: Krys Douglas

Cooking with Essential Oils

Learn how to cook using Essential Oils. Follow the recipes and make treats for your family and friends.

Barelas, Lead/Coal
 Thursday, October 8
 11:00 am - 12:00 pm
 Deb Garey, doTERRA

Getting Organized with the Beach Vacation System

When people were surveyed about their biggest challenges to improving their home's organization the most prevalent answers were: too little space, too little time, and too much stuff. Many people are frustrated in their organizing attempts because they don't know the key principles of organization. You will learn basic organizing skills and techniques. You will also learn these concepts using the analogy of a beach vacation.



Barelas, Lead/Coal
 Tuesday, Oct. 13
 1:30 - 2:30 pm
 Elizabeth Tawney Gross

Improving Desert Soil

Learn how to work with your desert garden soil to improve structure and fertility.

Bear Canyon, Room 5
 Wednesday, October 14
 10:00 - 11:00 am
 Presenter: Bernalillo County Extension

"Women in World War II: Spooks and Spies"

At the beginning of the war, FDR created the Office of Strategic Services (OSS) for the purpose of conducting covert operations against enemies of the U.S. Over a third of the 13,000 members of the OSS were women. This session tells the story of the women who served in the OSS, the precursor of today's CIA.

Bear Canyon, Room 5
 Wednesday, October 21
 10:00 - 11:30 am
 Richard "Dick" Blankmeyer, BA, Social Studies, Avid Investigator of American Social Issues

A Curse at Squaw Creek Farm

If you like culture and history you will enjoy Jerry Zimmerman's new book *A Curse at Squaw Creek Farm* about his pioneer forebears of the turn of the century and poignant stories from Jerry's childhood years, the 30's & 40's.

Bear Canyon, Room 5
 Wednesday, October 28
 10:00 - 11:00 am
 Presenter: Jerry Zimmerman

Holiday Ornament Making

Learn to make special holiday ornaments using Essential Oils.



Barelas, Lead /Coal
 Thursday, November 12
 11:00 am - 12:00 pm
 Deb Garey, doTERRA

Mmm! Chocolate Tasting

Learn the tricks to dipping chocolate using foods found in your kitchen! Part of the fun will be getting the opportunity to sample some sweet and salty treats.



Barelas, Lobby
 Tuesday, Nov.17
 10:00 - 11:30 am
 Debbie Ball -
 The Candy Lady

We Honor Veteran's Day

Let us honor all you have done for us!
Manzano Mesa, Room 4
 Tuesday, November 17
 10:00-11:00am
 Lucy Ambercare



Sophia Loren

Sophia Loren was a world famous Italian movie star, but her childhood was truly sad and difficult. Even after this remarkable woman achieved movie stardom, her glamorous life was often overshadowed by stories about her troubled love life. We will also compare Sophia with her Italian movie rival Gina Lollobrigida. Come and join us as we delve into the captivating life story of Sophia Loren.

Bear Canyon, Room 5
 Wednesday, November 18
 10:00 - 11:00 am
 Presenter: Carol Ann Venturini

Albuquerque Historical Society-Christmas Revels:

The 1919 NM Mounted Police Raid on Santo Domingo Pueblo

Palo Duro, Ponderosa
 Wednesday, December 2
 9:30 am
 Presenter: Joe Sabatini, Albuquerque Historical Society

Travel

Hawaii

There are few things on earth as delightful as the scenery and the people of 'The Aloha State'...Join Linda Babin from Sun Tours as she presents the extravagance of flowers, fiery volcanoes, and wonderful spirit of our 50th state.



Palo Duro, Cottonwood
 Thursday, August 13
 10:00 am
 Presenter: Linda Babin, Sun Tours

Friendship Socials

Join us as we gather to meet new people and make friends. We have great conversations with each other as we share refreshments.

Coffee Socials

Armijo

Monday - Friday, 9:00 - 10:00 am

La Amistad

Monday - Friday, 9:15 - 10:00 am

Pajarito

Monday - Friday, 9:00 - 10:00 am

Paradise Hills Community Center

Monday - Friday, 9:00 - 11:30 am

Raymond G. Sanchez Comm. Ctr.

Monday - Friday, 9:00 - 11:00 am

Rio Bravo

Monday - Friday, 9:00 - 11:00 am

South Valley Multipurpose Senior Center

Monday - Friday, 9:00-11:30 am

Taylor Ranch Community Center

Monday - Friday, 9:30 - 11:00 am

Tijeras Senior Center

Monday - Friday, 8:30 am - 1:00 pm

Whispering Pines

Monday, 10:30 - 11:30 am



Birthday Celebration

Armijo

Last Wednesday, 12:00 - 1:00 pm
Sponsored by Amerigroup

Arts & Craft Classes

Arm Quilting/Computerized Embroidery

Join us at our site that is located in the East Mountain area.

Whispering Pines

Monday & Friday, 12:00 - 2:30 pm

Quilters Group

Join our newly formed quilters group. Bring your quilting projects as we work together.

Armijo

Friday, 12:30 - 2:30pm

Paradise Hills Community Center

Tuesday, 10:00 am - 2:00 pm

South Valley Multipurpose Sr. Ctr.

Mon. - Thurs., 10:00 am - 4:00 pm

Taylor Ranch Community Center

Friday, 9:00 am - 11:00 pm

Free

Arts & Crafts

Join us as we work on various projects.

Pajarito

Wednesday, 12:00 - 3:00 pm

Paradise Hills Community Center

Monday, 10:30 - 11:30 am

Tijeras Senior Center

Tuesday, 10:30 am - 1:00 pm

Ceramics

Paradise Hills Community Center

Tuesday & Thursday, 9:00am - 1:00pm
\$15 fee per month covers the class fee and materials. Limited to 15 students per class.



Raymond G. Sanchez Community Center

Thursday
9:00 - 11:30 am
No charge for the class.

South Valley Multipurpose Sr. Center

Tues. & Thurs., 9:00 am - 4:00 pm
No charge for the class. Purchase slip, tools and paints for \$10/month.

Knitting/Needlework

Taylor Ranch Community Center

Wednesdays 1:00 - 3:30 pm Free

Knitting/Crocheting

Paradise Hills

Monday-Friday, 9:30 - 11:30 am

Scrapbooking

Paradise Hills Community Center

Wednesday, 10:30 - 11:30am
Bring 10 photos to class. You may want to pick a theme like a birthday party or a wedding, a vacation, grandchildren, etc.



Puzzles

Pajarito

Monday - Thursday, 9:00 - 9:30am

Whispering Pines

Monday, Wednesday & Friday
9:00 - 11:00 am and 12:30 - 3:00 pm

Sewing

La Amistad

Monday - Friday, 9:00 am - 2:30 pm

South Valley Multipurpose Senior Center

Mon. - Thurs., 9:00 am - 4:00 pm

Thomas Bell Community Center

Call for day and time, 848-1333

Whispering Pines

Monday - Friday, 1:30 - 3:00 pm



Pottery

South Valley Multipurpose Senior Center

Wednesday & Friday, 9:00 - 11:30 am
There is no charge for this class. You must purchase your own clay, tools and paints.

Tin Smithing

South Valley Multipurpose Senior Center

Wednesday, 12:30 - 4:00 pm
There is no class fee. Please bring your own tools.

Wood Carving

South Valley Multipurpose Senior Center
Mondays,
8:30 - 11:30 am



Miscellaneous

Computer Lab

Paradise Hills Community Center
Monday - Friday, 9:00 am - 2:00 pm
E-mail & surf the web. No printing.

South Valley Multipurpose Center
Monday & Wednesday, 1:00 - 2:00 pm

Taylor Ranch Community Center
Monday - Friday, 9:00 am - 3:00 pm
(not available in June & July)

Bible Study

Paradise Hills Community Center
Wednesday, 12:00 - 1:30 pm

Line Dance

Tijeras Senior Center
Monday, 10:00 - 11:30 am



Inspirational Hour

South Valley Multipurpose Senior Center
Wednesday, 10:30 - 11:30 am
Sing gospel hymns and devotional hours.

How to Pray the Rosary

Pajarito
Friday, 9:30 - 10:30 am

Foreign Language

Conversational Spanish Group
Tijeras Senior Center
Thursday, 10:30 - 11:30am
Informal and free of charge.

Matinee Movie

Weekly movies, free popcorn

Armijo
Tues., 12:00 - 2:00 pm

Tijeras Senior Center
Thursday, 1:00 - 3:30 pm



Trips

Walmart Shopping

Armijo
1st Thurs., 1:00 - 2:30 pm

Paradise Hills
1st Fri., 12:30 - 2:30 pm



*Join us for
Thanksgiving
See page 25*



Music Classes

Guitar Beginning/Intermediate

Armijo
Mon. & Wed., 12:30 - 2:00 pm
Please bring your own guitar.
No class fee.



Classical Guitar

Tijeras Senior Center
Call for Information 286-4220

Intermediate Guitar

Tijeras Senior Center
Tuesday, 10:30 - 11:30 am

Karaoke

Armijo
Monday - Friday, Upon Request



Ukulele Hour

Tijeras Senior Center
Mon., 12:00 - 1:30 pm No class fee.
Must have own instrument.

Acoustic Jam/Beginners

Tijeras Senior Center
Tuesday, 12:00 - 1:30 pm
Join our informal jam session, any acoustic instrument welcome.

Music Sing and Sing-Along

Tijeras Senior Center
Thursday, 10:00 - 10:30 am

Live Music

Paradise Hills
Friday, 10:00 - 11:30 am
Music by our talented seniors.



Live Music & Dance

South Valley Multipurpose Senior Center
Tues., Thurs. & Fri., 9:30 - 11:30 am
Mon. & Wed., 10:30 - 11:30 am



Sports & Fitness

Pickleball

Raymond G. Sanchez Community Center
Tuesday, Wednesday, 1:00 - 3:00 pm

Paradise Hills Community Ctr. Gym
Monday - Friday, 10:15 am - 12:15 pm

Senior Basketball

Raymond G. Sanchez Community Center
Tuesday, 9:30 - 11:00 am

Taylor Ranch Community Center
Tues. & Thurs., 11:00 am - 1:00 pm
(not available in June)

Open Weight Room

Cesar Chavez Community Center
Monday, Wednesday, Friday
8:00 - 10:00am

Fitness Room

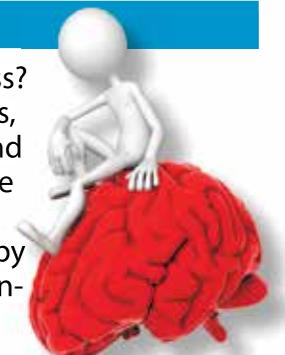
South Valley Multipurpose Senior Center
Monday - Friday, 8:00 am - 12:00 pm
& 12:30 - 4:00 pm

Taylor Ranch Community Center
Monday - Friday, 8:00 am - 11:00 am

Tijeras Senior Center
Call for Information, 286-4220

Brain Fitness

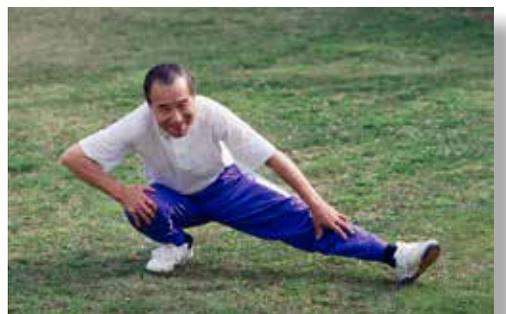
What is Brain Fitness?
It is interactive tools, exercises, games and activities to improve cognitive function. The class is taught by a professional gerontologist Terri Tobey.



Sites to be Determined
(Call 764-6467)

Tomando Control de su Salud

This Free 6 week course will be conducted in Spanish and is designed for those who have or care for someone who has a chronic health condition. The class leaders have chronic health conditions themselves. We will assist you in setting goals and help you make a step-by-step plan to improve your health and your life. Please call 873-6647 or 764-6474 for more information and to pre-register.



Fitness Time

Choose from a variety including Zumba, Gentle, Chair Exercise, and Aerobics

Pajarito

Mon. & Wed., 9:30 - 10:30 am

Stretching Time

Raymond G. Sanchez

Monday - Friday, 11:00 - 11:30 am

Taylor Ranch Community Center

Monday & Friday, 9:00 - 10:00 am
Wed., 8:30 - 9:30 am Not avail. in June

Fitness Hour

Join us for an hour of exercise, utilizing a variety of fitness videos including cardio, yoga and Zumba.

Rio Bravo

Mon. & Wed., 10:30 - 11:30 am

Fitness Walk

Whispering Pines

Mon., Wed. & Fri., 12:30 - 2:30 pm

Pajarito

Monday - Friday, 10:30 - 11:00 am

Exercise

Pajarito

Mon. & Wed., 9:30 - 10:30 am

Chair Exercise

Armijo

Monday - Friday, Upon Request

Paradise Hills Community Center

Mon, Wed, Fri, 10:00 - 10:30 am & 10:30 - 11:00 am

Darleen Santiago, Instructor

Yoga

Tijeras Senior Center

Wednesday, 10:45 - 11:30 am

No class fee. Students must supply own mat.

Whispering Pines

Mondays, 10:30 - 11:30 am

ZUMBA

Paradise Hills Community Center

Tuesday, Thursday, 9:00 - 10:00 am

\$4/class or \$20/6-class card

Tiffany Dickerson, Instructor

South Valley Multipurpose Senior Center

Tuesday & Wednesday & Thursday,

Adv. 9:00 - 10:00 am

Beg. 10:00 - 11:00 am

Games and Cards

Bingo at the Satellite Senior Centers

We love bingo. Join our fun with this game of chance and be the lucky person that yells out BINGO!!

Alameda, Mon - Fri, 10:00 - 11:30 am

Armijo, Mon - Fri, 10:00 - 11:30 am

La Amistad, Mon, Thu, 1:00 - 2:30 pm

Pajarito, Mon - Fri, 10:00 - 11:30 am

Paradise Hills, Tue., Thurs.,

10:00 - 11:15 am

Rio Bravo, Mon., Tues. & Thurs.,

10:00 - 11:30 am

South Valley Multipurpose Center,

Monday - Wednesday, 9:15 - 10:15 am

Tijeras, 1st & 4th Friday,

12:00 - 1:30 pm

Whispering Pines

3rd Wednesday, 1:00 - 2:00 pm



Duplicate Bridge

Taylor Ranch Community Ctr.

Monday, Thursday & Friday,

1:00 - 4:30 pm

Tuesday, 12:30 - 4:00 pm

Party Bridge (Intermediate Level Preferred)

Taylor Ranch Community Ctr.

Tuesdays, 1:00 - 3:00 pm

Dominoes (Mexican Train)

Paradise Hills

Monday - Friday, 9:00 - 11:30 am

Card Games

Raymond G. Sanchez Community Center

Monday - Friday,

9:00 - 10:00 am & 12:00 - 1:00 pm

Uno, Poker, Black Jack etc.

Air Hockey

Raymond G. Sanchez Community Center

Monday, 9:00 - 10:00 am

Billiards

Paradise Hills Community Center

Monday - Friday, 9:30 am - 12:30 pm

Rio Bravo

Friday, 10:00 am - 12:00 pm

South Valley Multipurpose Senior Center

Monday - Friday, 9:00 am - 4:00 pm



Tijeras Senior Ctr.

Monday - Friday, 9:30 am - 3:30 pm

Whispering Pines

Monday, Wednesday and Friday, 9:00 am - 12:00 pm & 1:00 - 2:00 pm

Horse Shoes

Whispering Pines

Friday, 1:00 - 3:00 pm

Table Tennis

Pajarito

Mon. - Fri., 12:30 - 2:30 pm

Tijeras Senior Center

Friday, 10:00 - 11:30 am



Wii Bowling

Armijo

Mon. - Fri. Upon Request

Tijeras Senior Center

Wednesday, 10:00 - 11:30 am



South Valley Multipurpose Senior Center

Tuesday & Thursday, 8:30 - 11:30 am

Wii Fitness

Pajarito

Tuesday & Thursday, 9:30 - 10:00 am

Wii Time

Armijo Senior

Monday - Friday, 9:30 - 11:00 am

Raymond G. Sanchez Community Center

Monday - Friday, 12:30 - 1:30 pm

Whispering Pines

Monday, Wednesday & Friday,

10:00 - 11:00 am

Board Games

Raymond G. Sanchez Community Center

Every other Tuesday 9:00 - 10:00 am

Rio Bravo

Friday,

10:00 - 11:00 am



Whispering Pines

Monday, Wednesday and Friday, 12:30 - 1:30 pm

T.O.P.S.

Tijeras Senior Center

Tuesday, 10:00 - 11:30 am

Take a dance class!
See pages 18 & 50





**Investing in a healthy
New Mexico for more
than 100 years.**

As long as there have been New Mexicans, Presbyterian has been caring for them. We've been a part of New Mexico longer than New Mexico has been a state. Over that time, healthcare has changed in ways no one could have imagined. What hasn't changed is our dedication. **Your story is our story.**



(505) ASK-PRES (275-7737)

www.phs.org

SAVE THE DATE!!
37th Annual
CONFERENCE
on Aging
Supporting Active Aging



Brought to you by New Mexico Aging and Long-Term Services Department

Isleta Casino and Resort hosts the 37th Annual Conference on Aging brought to you by NM Aging and Long Term Services. The NM Conference on Aging offers older adults, caregivers and professionals a chance to learn and have fun in an environment that supports independence and dignity. Applications will be available at the front desk. The registration fee and lunch is at your own expense.

Los Volcanes

Tuesday, August 18
Check in: 7:30 am - Return: 6:00 pm
\$2 transportation, lunch and registration fee at your own expense

Wednesday, August 19
Check in: 7:30 am - Return: 4:00 pm
\$2 transportation, lunch and registration fee at your own expense

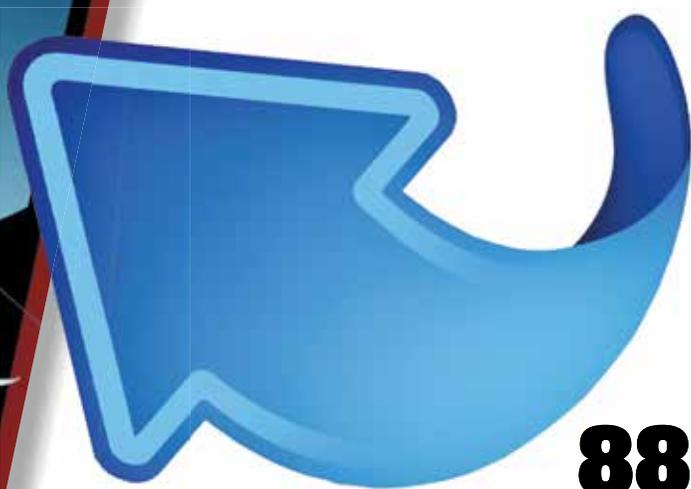
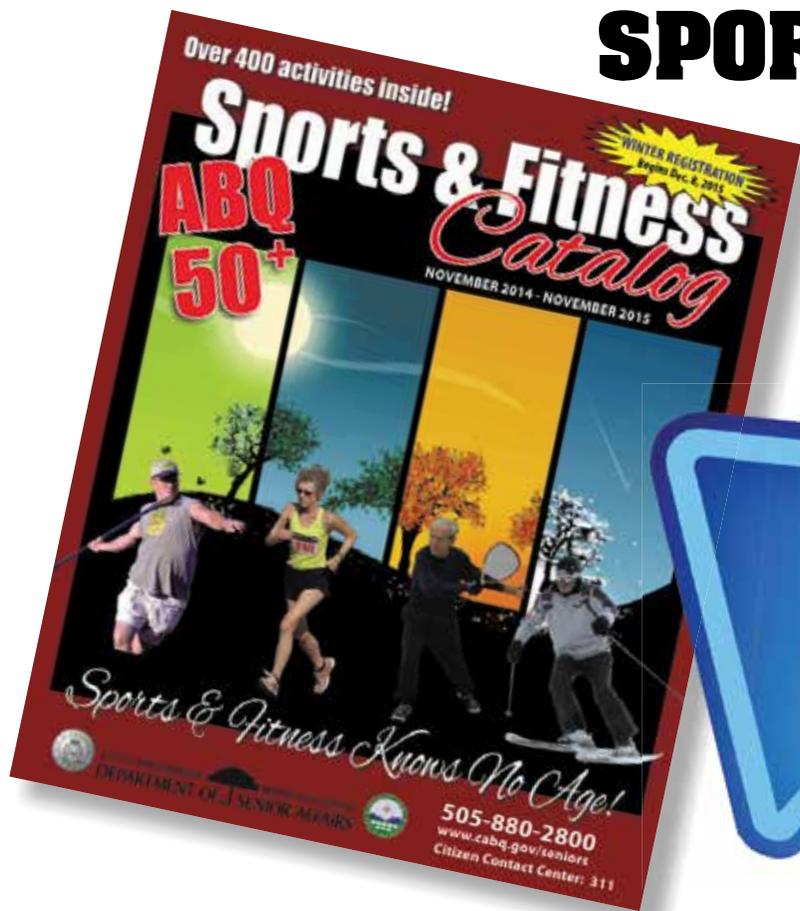
Barelas

Tuesday, August 18
Check in: 7:30 am
Return: 6:00 pm
\$2 transportation, lunch and registration fee at your own expense.



SPORTS COMPETITIONS

Pick up a 50+ Sports & Fitness Catalog for registration forms and details about any of these competitions.



**Call
880-2800**

Most activities are free with membership unless otherwise noted.

The 2015 "Compete and Meet" Games

Join us for our winter *Pickleball* competition or our other workshops in *Swimming, Air Gun, and Cycling*. When available.

Call Palo Duro 50+ Sports and Fitness for more information

ALBUQUERQUE 50+ GAMES

The 50+ Sports & Fitness Program hosts lessons, trainings and invigorating fun events that prepare Bernalillo County residents to participate in 25 different sports competitions. The ABQ 50+ Games are the local qualifying events for the New Mexico State Senior Olympics which will be held January - April 2016.

Events at a Glance

Cycling, swimming and air gun workshops; Competitions - bowling, basketball 3 point & free throw competition, eight ball pool, talent show & dance, shuffleboard, swimming, table tennis, air gun, huachas, road race, pickleball, racquetball, race walk, badminton, archery, cycling, golf, tennis, horseshoes, track & field.

Winter Sports

- Cross-Country Skiing
- Downhill Skiing
- Snowboarding
- Snowshoeing

50+ Sports & Fitness Winter Sports

We offer many exciting opportunities for enjoying winter sports in New Mexico. Try cross-country skiing, snowshoeing, downhill skiing!

For more information pick up a 50+ Sports and Fitness Catalog, or check online at <http://www.cabq.gov/seniors/sports-fitness> or call 880-2800.

Winter Sports Bunch: Overnight Trips

This club organizes out-of-town, overnight skiing and snowshoeing trips for 50+ adults.

For info: Cindy McConnell
at mconnell.cindymac@cabq.gov



Air Gun Practices

For beginners or those wanting to hone their skills for competition.

Eldorado High School, Rifle Range (by reservation) Major Jim Korber, Senior Instructor, Eldorado High School JR ROTC at 296-4871 (ext. 35145)



Badminton Practice & Play

Badminton is beneficial to your physical and mental well being, while challenging your mind, reflexes and stamina.

Manzano Mesa, Gym
Monday, 1:30 - 4:00 pm
Tuesday, 6:00 - 8:30 pm
Thursday, 7:00 - 8:50 pm
Friday, 1:00 - 4:00 pm

Wells Park
Tuesday and Thursday
1:30 - 3:30 pm

Manage Your Chronic Disease

(MyCD) Program Workshop

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put life back into your life.

Free 6-week workshop
2 1/2 hour meetings
ALL MyCD Programs
are **Free of Charge**
For more info. visit:
www.arthritisnm.org/myCD-program.html



Palo Duro, Ponderosa
Thursday, 1:00 - 3:30 pm
July 9 - August 20 (No July 30)
September 3 - October 8
October 15 - November 19

North Domingo Baca, Room 1
Wednesday, 1:30 - 4:00 pm
July 23 - August 27
September 3 - October 8
October 15 - November 19

Los Volcanes Joe O. Armijo 50+ Sports and Fitness Center

Tuesday, 1:00 - 3:30 pm
July 8 - August 19
September 2 - October 7
October 28 - December 2

Veteran's Memorial Park

(1100 Louisiana Blvd. SE). To learn more about this wonderful community resource that includes a: visitor center, 25-acre memorial park, museum, library and meeting facilities, please visit

<http://nmvetsmemorial.org>
Wednesdays from 9:00 - 11:00 am on:
July 9 through August 13, 2014; and
August 27 through October 1, 2014

Lovelace Westside Hospital

(located at 10501 Golf Course Rd NW in Albuquerque with Theresa Jones Henry as 727-2001 as contact):
Thursdays from 10:00 am - 12:30 pm:
July 17 - August 21, 2014;
September 4 - October 9, 2014; and
October 16 - November 20, 2014.

Santa Fe, New Mexico:

Santa Fe Business Incubator, (located at 3900 Paseo del Sol, Santa Fe, NM 87507 in Santa Fe) register through the City of Albuquerque Department of Senior Affairs at (505) 880 - 2800:
Mondays from 1:00 pm - 3:30 pm on:
July 14 - August 18, 2014;
September 8 - October 13, 2014; and
November 3 - December 8, 2014

Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon-Fri) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.

Manzano Mesa, Gym (E/W courts)
Mon, 11:45 am - 1:30 pm, West
Mon, 7:00 - 9:00 pm, both courts
Wed, 11:45 am - 12:30 pm, West



Senior Men's Basketball

This group gathers to play some friendly, but competitive basketball, where teams are picked prior to the games.

Manzano Mesa, Gym, East Court
Monday - Friday
11:00 am - 1:00 pm

Fencing

Fencing is an elegant sport with a rich history. Known as "physical chess," it helps maintain balance, posture and coordination in addition to cognitive focus and critical thinking skills. Whether fencing with your grandkids or your friends, it is a wonderful sport for seniors, even those



with moderate disabilities like arthritis or joint replacements.

Duke City Fencing welcomes visitors Monday - Friday between 5 - 8 pm. Contact Toby Tolley @ 505-872-0048 or info@dukecityfencing.net for information.



50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. Bring your own lunch, snacks and drinks. 5¢ per mile, space is limited, prepayment is required. The website: www.ASCHG.org hosts an incredible database of 300 hikes in NM and a schedule of all senior center hikes.

Los Volcanes 50+ Sports & Fitness Center
Apr - Oct: Every other Wednesday, 7:00 am - 5:00 pm

Palo Duro 50+ Sports & Fitness Center
Apr - Oct, Mon, 7:15 am - 5:00 pm
Vivian Heyward, Cindy McConnell

N. Domingo Baca, Fitness Center
Apr - Oct, Every other Wednesday, 8:00 am - 5:00 pm
Cindy McConnell

Center Hiking & Treks

Enjoy these intermediate level hiking trips and less demanding treks year round. Schedules are available at front desk of host centers or online at www.aschg.org 5¢/mile.

Highland
Every other Tuesday, 8:00 am
Pat Newman

Los Volcanes
Every other Friday, Check in 8:00 am
Dick Brown

N. Domingo Baca
Every other Friday, 8:00 am
Dick Brown

North Valley
Every other Thursday, 8:00 am
Bill Gloyd

Palo Duro
Every other Tuesday, 8:00 am
Marilyn Warrant
Saturday, 9:00 am
Sue Palletier



Huachas

Open Huachas

A physical game of skill that is very similar to horseshoes. The difference is that large metal washers are pitched at a 3-inch hole cut into a 24 x 24 inch platform.

Bear Canyon, Park
Friday, 10:00 - 11:00 am
(weather permitting)



Pickleball

Check out abqpickleball.com for updated and additional play locations

Manzano Mesa
Thursday, 2:00 - 4:00 pm
Saturday, 9:00 - 11:00 am

Los Volcanes
Mon, Wed, 9:30 - 11:00 am
Monday, Wednesday 1:30 - 3:30 pm

Barelas
Monday, 1:30 - 3:30 pm

Pickleball Training
Tuesday, Thursday, 9:15 - 11:00 am
Saturday, 12:30 - 2:50 pm



Shuffleboard

Silver Shufflers

When was the last time you had a good, competitive game of shuffleboard? Come join this group for an afternoon of fun and excitement.

Manzano Mesa
Tuesday, 1:00 - 4:00 pm
\$1 donation, Scott Heron 299-7768 & Millie Martinez 797-0841

Men's Softball

Practices begin in February with league play held on Tuesday and Thursday mornings from April to September.

Bear Canyon
65+ League, Bill Dubuque, 293-9530

50+ Men's Softball
Practices begin in February with league play held on Tuesday and Thursday mornings from April to September. Meeting held every 2nd Friday.

Highland, Room 3
9:30 - 11:00 am
John Denery 573-1094

Table Tennis

Practice and Play

Since its inception in 1880s England, as an after-dinner amusement for upper class Victorians, this sport has grown into an international favorite.

Barelas, Social Hall
Upon request

Bear Canyon, Social Hall
(subject to change)
Monday, 1:30 - 3:30 pm
Thursday, 9:30 - 11:00 am
Friday, 2:30 - 4:45 pm
Saturday, 9:00 - 11:00 am, 1:00 - 2:45 pm

Manzano Mesa, Game Room
Monday - Friday, 8:00 - 9:00 am
Saturday, 9:00 am - 3:00 pm



Continued on Page 50

Fencing • Hiking • Huachas • Pickleball
Shuffleboard • Men's Softball • Table Tennis

Sports & Fitness

Table Tennis, con't.

N. Domingo Baca, Game Room
Monday - Friday, 8:00 am - 9:00 pm
Saturday, 9:00 am - 3:00 pm
North Valley, Social Hall
Monday, 2:00-5:00 pm
(upon request)
Palo Duro, Mesquite
1st Saturday, 9:30 - 10:30 am
2nd, 3rd & 4th Sat, 9:30 - 11:30 am

Volleyball: Indoor "Beachball"

Volleyball Pick-up Games

Drop-in volleyball matches.



Manzano Mesa, Gym
Monday, Friday, 5:00 - 7:00 pm

Dance Classes

Ballroom Dance

Ballroom/Latin/Swing Dance: Intermediate

Continuation from the beginning class, with intermediate step patterns.

Manzano Mesa
Saturday:
10:00 - 11:00 am Beginner
11:00 am - 12:00 pm Intermediate
Barbara Weiss, info 506-0049

Wise Women Belly Dance

Get in touch with your inner beauty while getting a good workout. This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

Manzano Mesa, Social Hall
Thursday, 5:45 - 7:00 pm
Amaya

Clogging

"Clog" comes from a Gaelic word meaning time.

Manzano Mesa, Social Hall
2nd & 4th Friday, 9:30 - 11:00 am
Shirley Smith



Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

North Valley, South Social Hall
1st & 3rd Thursday, 2:00 - 3:00 pm
Free to members with Parkinson's,
Joanie Carlisle

Line Dancing

Love to dance but don't have a partner?

Barelas, Lead/Coal
Thursday
1:30 - 3:00 pm
Gayle Mecca, \$1

Bear Canyon, Social Hall
Advance, Thu, 1:30 - 3:00 pm
Doug Madison
Beginning, Thu, 3:15 - 4:30 pm
Clarada Hull
Intermediate I, Tue, 3:00 - 4:30 pm
Clarida Hull
Intermediate II, Tue, 1:30 - 3:00 pm
Clarida Hull

Highland, Social Hall
Intermediate, Tuesday, 1:30 - 3:00 pm
Wylene Santistevan

Los Volcanes, Social Hall
Beginning, Thu., 9:00 - 10:00 am
Intermediate, Thu., 10:10 - 11:10 am
Jeanne Hendrix

Manzano Mesa, Social Hall
Starter, Wed. 12:15 - 1:15 pm
Dianne Segó
Beginning, Wed., 1:30 - 3:00 pm
Intermediate, Wed., 3:00 - 4:30 pm
Georgette Smith
Intermediate II, Fri., 1:30 - 3:00 pm
Wylene Santistevan

N. Domingo Baca, Social Hall
Beginning, Thu., 1:30 - 2:30 pm
Mary Garcia
Intermediate, Tue., 5:45 - 7:30 pm
Georgette Smith

North Valley, South Social Hall
Beginning, Mon, 1:00 - 2:00 pm
Clarida Hall

Palo Duro, Mesquite
Advanced, Mon, 1:30 - 3:00 pm
Saturday (not first Sat.),
10:30 am - 12:00 noon
Beginning, Monday, 3:15 - 4:30 pm
Saturday, 9:00 - 10:30 am, K. Tidy

Square Dancing

Enjoy the timeless tradition of Square Dancing.

Palo Duro, Mesquite
Wednesday, 1:00 - 3:00 pm
Carol Champion



Fitness/Exercise

Adapted Aquatics

Taught at the University of NM Therapeutic Pool (92 degree water), participants are led through a series of range of motion exercises. Pre-registration required through the Sports & Fitness Centers. (The Multigenerational Centers will NOT be transporting clients. Ask the Senior Centers for the times that vans will depart for Session 1 & 2)

Session 1: Mon, Wed, Fri,
9:00 - 10:00 am
\$12/month. (3 classes/wk) donation,
50¢ for transportation
(Provided from all 6 Senior Centers)

Session 2: Mon, Fri, 1:15 - 2:15 pm
\$8/month (2 classes/wk.) donation, 50¢
transportation
(Provided from all 6 Senior Centers and
Los Vecinos Community Center)

Session 3: Tue, Thu, 9:00 - 10:00 am
\$8/month (2 classes/wk.) donation, 50¢
transportation
(Provided from Palo Duro 50+ Sports &
Fitness Center and varied Mealsites)

Join us for the
Black Tie
Evening Dance
See Page 23



T.N.T. Dynamite New Class!

Come Trim 'n Tone your body with Andriana a seasoned professional with over 16 years' experience. This class is designed to fit your own individual needs and abilities. Work at your own pace towards improving strength, stamina and muscle tone.

Bear Canyon, Social Hall
Monday, Wednesday, Friday
9:30 - 10:30 am
Cost: \$1.50 per class

Los Volcanes Joe O. Armijo
Fitness Center Aerobics Room
Monday, Wednesday, Friday
11:45 am - 12:45 pm
Cost: \$1.50 per class

Aerobics

These low impact aerobics classes are for beginners to advanced exercisers, everyone works at their own pace.

Barelas, Social Hall
Tuesday, Friday, 9:15 - 10:15 am

Highland, Social Hall
Mon, Wed, Fri, 8:45 - 9:45 am

Los Volcanes Joe O. Armijo
50+ Fitness Center Aerobic Room
Mon, Wed, Fri, 8:00 - 9:00 am

Manzano Mesa, Gym
Mon, Wed, 8:15 - 9:15 am
Fri, 8:15 - 9:15 am - Social Hall

Palo Duro, Mesquite Room
Mon, Wed, Fri, 8:15 - 9:15 am



Body Fat vs. Muscle

The goal for optimal health is reducing body fat while increasing muscle. Visit us for a free assessment.

Los Volcanes Joe O. Armijo
50+ Sports & Fitness Center
3rd Wednesday, 8:00 am - 6:00 pm

Manzano Mesa, 18+ Fitness Room
2nd Thursday,
11:00 am - 1:00 pm



N. Domingo Baca,
18+ Sports & Fitness Center
4th Wednesday, 8:30 am - 1:30 pm,
2:00 - 7:00 pm

Palo Duro 50+ Sports
& Fitness Center
1st Wednesday, 8:00 am - 7:00 pm

Cardio/ Core/ Tone

Increase lean muscle mass while burning calories to strengthen and tone your body. This class will incorporate circuit style cardio exercises and exercises using body weight, stability balls and weights with an emphasis on core strength.

N. Domingo Baca, Group Exercise
Room (Upstairs)
Tuesday, Thursday 8:05 - 9:05 am
\$4/class, Marita

Dance Aerobics

Quick paced, high energy, core strengthening routines set to great music. No experience necessary.

Los Volcanes Joe O. Armijo
50+ Sports & Fitness Center,
Aerobic Room
Tues, Thurs 5:30 - 6:30 pm
Julie Stoffler



- Fitness
- Events
- Dances
- Classes
- Meals
- Clubs
- Games
- Trips

**THERE IS SOMETHING
FOR EVERYONE!**

Feldenkrais Method, Awareness Through Movement

Often referred to simply as "Feldenkrais", is a somatic educational system designed by Moshe Feldenkrais. Feldenkrais aims to reduce pain or limitations in movement, to improve physical function, and to promote general well being by increasing students awareness of themselves and by expanding students movement repertoire.

North Domingo Baca
Thursday, 9:30 - 10:30 am &
6:00 - 7:00 pm
Steve Mulvihill

Fitball

Target core muscles with stabilizing and balance exercises. Increase strength, sculpt, and tone.

Los Volcanes 50+ Sports & Fitness Center, Aerobic Room
Monday, Friday 10:30 - 11:30 am

Manzano Mesa, Gym
Thursday, 8:15 - 9:15 am
Janet Porter, Nancy Misred

Manzano Mesa, East Social Hall
Friday, 4:45-5:45 pm
\$2.50, Ann Owens



Flex & Tone

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core.

Highland, Social Hall
Tuesday, Thursday, 8:15 - 9:15 am

Los Volcanes Joe O. Armijo
50+ Sports & Fitness Center
Aerobics Room
Tuesday, Thursday, 8:00 - 9:00 am

Manzano Mesa, Gym
Tuesday, 8:15 - 9:15 am

North Domingo Baca, Aerobic Room
Tuesday, Thursday 9:15 - 10:15 am

Palo Duro, Mesquite Room
Tuesday, Thursday, 8:00 - 9:00 am



Gentle Exercise

Done mostly in a chair we use weights, balls and bands to focus on strength building with resistance.

Barelas, Social Hall
Tuesday, Friday, 10:15 - 10:45 am

Highland, Social Hall
Mon., Wed., Friday 10:00 - 11:00 am

Los Volcanes Joe O. Armijo 50+ Sports & Fitness Center, Aerobic Room
Mon., Wed., Fri. 9:15 - 10:15 am, 11:45 am - 12:45 pm

Manzano Mesa, Gym
Mon., Wed., Friday 9:30 - 10:30 am

Palo Duro, Mesquite Room
Mon., Wed., Friday 9:30 - 10:30 am



Get Moving Aerobics

Join this group fitness cardio class, which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

Manzano Mesa, Social Hall
Mon, Wed, 5:00 - 6:00 pm
\$2.50 or \$20/month, Ann Owens

Pilates

Learn the value of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

North Valley, Social Hall South
Tuesday, 5:45 - 6:45 pm
\$3, Karen Shore

Palo Duro, Mesquite
Wednesday, 5:30 - 6:30 pm
\$3, Karen Shore

Palo Duro 50+ Fitness Center
Pilates Reformer Machine Training
Call 880-2800 for class schedule

Pilates

Increase your core strength, balance and flexibility while having fun. Students of all levels can safely participate in these invigorating 50 minute classes. We will develop strength, focus on balance and improve our overall sense of well-being.

Barelas, Lead & Coal
Tuesday, 8:30 - 9:30 am
\$2 suggested donation
Richard Sertich

Piyo

A unique class designed to build strength & gain flexibility. It's about energy, power, and rhythm. Think sculpted abs, increased overall core strength, and greater stability.

North Domingo Baca Fitness Center, Aerobic Room
Monday, Wednesday, & Friday
8:05 - 9:05 am
\$5/Class Jalum Armazanduk

Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

Los Volcanes, Social Hall
Thursday, 5:30 - 6:30 pm
Saturday, 9:00 - 10:00 am
\$3, Elena Valencia



Senior Strength and Toning

Exercises done in and out of a chair. This class is designed to help gain strength, endurance, flexibility, balance, and bone density.

N. Domingo Baca
Group Exercise Room (upstairs)
Monday Wednesday, Friday
9:15 - 10:15 am
\$2/class, Jalum Armazanduk



Zumba

Zumba fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

Manzano Mesa, East Gym
Saturday, 11:15 am - 12:15 pm
Thursday, 6:00 - 7:00 pm
Fee: \$3, Jenny

North Valley, South Social Hall
Tuesday, 5:30 - 6:30 pm
Fee: \$3, Mary Martinez

Zumba Gold

This class is designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves to create a fitness program that will blow you away.

Bear Canyon, Social Hall
Monday, Wednesday, Friday
\$2 per class, 8:15 - 9:15 am
Instructor: Julie M. Salazar

Los Volcanes Joe O. Armijo 50+ Sports & Fitness Center, Aerobic Room
Tuesday, Thursday 9:30 - 10:30 am
\$1, Dee Williams

Manzano Mesa, Gym
Monday, Wednesday, 10:45 - 11:45 am
\$1, Dee Williams

Zumba Gold Toning

This class is designed for the active older adult. You will use fast and slow rhythms and resistance training to tone and sculpt your body and burn fat.

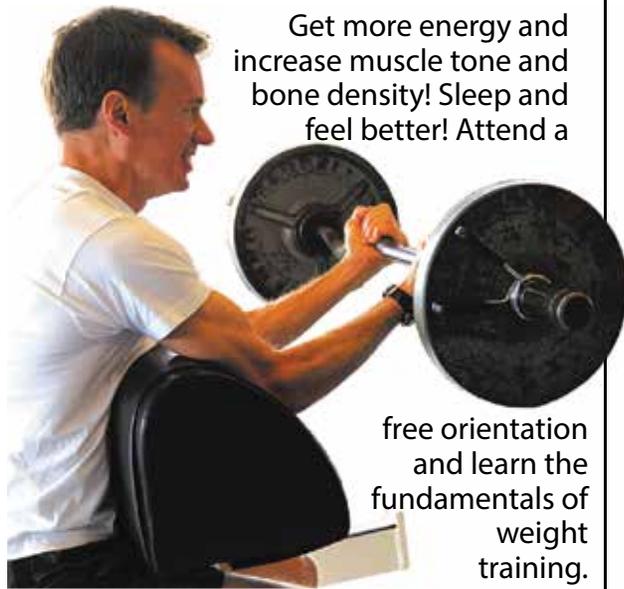
Manzano Mesa
Friday, 8:00 - 9:00 am
\$1, Dee Williams

Zumbatomic

N. Domingo Baca
Group Exercise Room (upstairs)
Thursday, 4:45 - 5:45 pm
Jalum Armazanduk

Weight Training

Weight Training Orientations



Get more energy and increase muscle tone and bone density! Sleep and feel better! Attend a

free orientation and learn the fundamentals of weight training.

Los Volcanes Joe O. Armijo
50+ Sports & Fitness Center
Appointment: 839-3710

Manzano Mesa, Fitness Room
Appointment: 275-8731 X232

N. Domingo Baca, Fitness Room
Appointment: 764-6496

Palo Duro 50+ Sports & Fitness Center
Appointment: 880-2800

Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$13/year membership entitles you to full privileges. There is a contribution of 50¢/visit. Free equipment orientations are available by appointment.

Barelas, Pacific Room
764-6436, 714 7th Street, SW

Los Volcanes Joe O. Armijo
50+ Sports & Fitness Center
839-3710, 6500 Los Volcanes, NW

Manzano Mesa, Fitness Room
18+ Sports & Fitness Center
275-8731, 501 Elizabeth, SE

N. Domingo Baca
18+ Sports & Fitness Center
764-6496, 7521 Carmel, NE

North Valley
761-4025, 3825 Fourth Street, NW
small fitness room with cardio equipment and weight machines. Free for members.

Palo Duro 50+
Sports & Fitness Center
880-2800, 3351 Monroe, NE

Basics with Free Weights

For novice weight trainers. Learn safe free weight lifting techniques to be used with or without workout machines to provide variety in reaching fitness goals.

Los Volcanes Joe O. Armijo
50+ Sports & Fitness Center
Call 839-3710 for schedule

North Domingo Baca Fitness Center
Call 505-764-6496 for schedule



Self Defense

All-Star Youth Karate

For ages 4-15, martial art techniques, emphasizing self-defense and child safety awareness is covered.

Manzano Mesa,
East Social Hall
Wednesday, 6:00 - 9:00 pm
Mistie Gallegos,
register: 899-1666



New Mexico Kendo Kai

A Japanese martial art of sword fencing.

Manzano Mesa,
East Social Hall
Friday, 6:00 - 8:00 pm
Davis Begay,
register: 899-1666

Aikido (Tachi Waza & Weapons)

North Domingo Baca
Saturday, 9:00-11:45 am

Tae-kwon-do

Traditional and olympic-style taekwondo training focused on improved physical strength and stamina, better focus and concentration, greater self-discipline, competency in self-defense and increased self-confidence. Classes will be led by Master Instructor, former National Champion & Team Captain at the US Olympic Training Center, David Martin.



N. Domingo Baca, Varies
Monday 7:15 - 8:15 pm
Tuesday, 7:15 - 8:15 pm
Thursday, 7:15 - 8:15 pm
Individual, group, and family rates, contact for details, David Martin, acceleration-coaching@gmail.com

Kendo Kai

Meaning "Way of the Sword," the modern Japanese martial art descended from traditional swordsmanship (kenjutsu) uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.

North Domingo Baca,
Wednesday, 7:00 - 8:45 pm
\$20 adults, \$10 youth
Davis Begay

Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

Manzano Mesa, Room 3
Tuesday, Wednesday,
6:00 - 8:00 pm
Chris Nowak



Join us to learn a new language!

See Pages
18 & 19



Self Defense, con't.

Kempo Karate

**Personal Defense Club,
Close Quarter Combat**

A place to learn, teach and practice personal fighting skills - not associated with any traditional Asian art or sport.

Manzano Mesa, Room 4
Monday, 7:00 - 9:00 pm
\$10/month, Dr. Sean Ross



Eastern Traditions

Tai Chi

Slow, gentle movement to build health & balance, reduce stress and heal from injuries. Presented in a brief way to balance the whole self: physically emotionally and spiritually.

Los Volcanes, Room #2
Wed., 1st, 2nd, 3rd,
12:00 - 1:00 pm
\$3 donation Kay

Tai Chi for Better Balance

FREE 12 week program

North Valley, Fitness Room
Friday, July 17
12:30 noon - 1:30 pm

Yang Style Tai Chi

North Domingo Baca
Friday
11:30 am - 12:30 pm



T'ai Chi Chih

Easy, gentle movements that balance the internal energy (Chi). It is often called a "moving Meditation" and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress, blood pressure and weight.

Palo Duro, Ponderosa Room
Beginning Tai Chi Chih 3:15 - 4:15 pm
Continuing Tai Chi Chih 4:30 - 5:30 pm
July 8 - September 2
September 23 - November 18
December 2 - 16 (continuing level only)
\$60/8 weeks, payable at first class
Ellen Tatge

T'ai Chi Chih (PRACTICE)

Bear Canyon, Room 1
Wednesday, 11:30 am - 1:00 pm
Mary Moriarty

Bear Canyon, Room 1
Wednesday, 3:30 - 4:30 pm
Helen

Yang Style Tai Chi

North Domingo Baca
Friday, 11:30 am - 12:30 pm
\$5/donation
Instructor: Sifu TyBeh

T'ai Chi Ch'uan

Beautiful, gentle, flowing movements improve balance, lower high blood pressure, increase bone density and cultivate Chi, or internal energy. T'ai Chi reduces stress and arthritis pain, significantly improves brain size in seniors, and may delay the onset of Alzheimer's disease. Cultivate your Chi for a long and happy life!

Barelas, Social Hall
Wednesday 9:30 - 10:30 am
Sihing Ilene Dunn
Suggested donation \$5

Highland, Social Hall
Intermediate
Thursday 2:00 - 3:00 pm
Master Dug Corpolongo
Suggested donation \$5

Highland, Social Hall
Thursday 9:30 - 10:30 am
Ilene Dunn
Suggested donation \$5

Los Volcanes, Room 2
Tuesday 3:00 - 4:00 pm
Sifu Ty Beh
Suggested donation \$5

Manzano Mesa, Room East Social Hall
Tuesday 9:30 - 10:30 am
Ilene Dunn
Suggested donation \$5

North Valley, Room 1 and 2
Monday 9:30 - 10:30 am
Master Dug Corpolongo
Suggested donation \$5

Palo Duro, Ponderosa Room
Friday 9:30 - 10:30 am
Sifu Ty Beh
Suggested donation \$5
(Not meeting 1st Friday)

Nia Technique

The Nia Technique draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, fun and challenging workout. Dancing is done in bare feet.

Highland, Room 8
Thursday, 11:15 am - 12:15 pm
Check with instructor for cost
Michele Diel



Palo Duro, Aspen
Wednesday, 3:15 - 4:15 pm
\$6 or \$30/5classes/First Class Free Diel

Meditation Circle

North Domingo
Friday, 12:00 - 1:00 pm
Lynn Alexander Free

Yoga

Yoga, Chair

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

Bear Canyon, Room 1
Mondays, 2:30 - 3:30 pm
Donation \$5+, Tiana

Los Volcanes, Room 10
Friday, 11:00 am - 12:00 pm
Donation, Lori Armi

Gentle Yoga

For anyone new to yoga or desiring a slower paced class. Relaxation, breathing, and simple meditations will be explored and support equipment will be used.

Basics/Beginning Yoga

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

Manzano Mesa, East Social Hall
Monday, 6:15 - 7:15 pm
\$7/class, Ann Owens

Beginning Yoga & Beyond

Bring balance, strength, & flexibility to the mind, body and emotions through yoga. Great for both beginners and the experienced student.

Los Volcanes Joe O. Armijo
50+ Sports & Fitness Center,
Aerobic Room
Saturday, 8:10 - 9:30 am
\$3/class, Kathy



Yoga

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

Barelas

Monday, Thursday, 9:15 - 10:30 am

Bear Canyon, Multi-Purpose

Fridays, 1:30 - 2:15 pm

Donation, Tiana

Highland, Room 8

Wednesday, 1:15 - 2:45 pm

Mindy Caplan

Manzano Mesa, East Social Hall

Monday, 6:15 - 7:15 pm

\$25/month, Ann Owen

N. Domingo Baca, Classroom 4

Monday, 9:00-10:00 am

Friday, 1:00 - 2:00 pm, Classroom 4

Lynn Alexander

N. Domingo Baca, Aerobic Room (Upstairs)

Tuesday, Thursday, 6:00 - 7:00 pm

\$5/class, Anita Crouse

Palo Duro, Ponderosa

Monday, 9:00 - 10:00 am

Deep Stretch Yoga

North Domingo Baca

Mon., 12:00 - 1:00 pm & 5:30 - 6:30 pm



Yoga, Hatha

Gentle yoga with an emphasis on stretching and breathing.

Hatha Yoga Plus

(plus core body-work)

Manzano Mesa, Room 5

Friday, 9:00 - 10:00 am

Janet Porter

Hatha Yoga Qi Gong

Manzano Mesa, Room 5

Wednesday, 9:00 - 10:00 am

Dee Cappelle

North Valley, Room 1 & 2

Tuesday, Thursday, 3:00 - 4:00 pm

\$3, David Plummer

Yoga-Kundalini

This yoga class omits the typical Asana (postures) and focuses on breathing, chanting, visualization and long periods of vipassana meditation for the experienced meditator.

Manzano Mesa, Room 4

Wednesday, 10:10 - 11:10 am

Sueshila Stubbe

Laughter Yoga

This class combines unconditional laughter with yogic breathing (pranayama). Laughter is simulated as an exercise in a group with eye contact and childlike playfulness - soon turning into real and contagious laughter.

Manzano Mesa, Room 3

Now meeting 1st Saturdays,

9:00 - 10:00 am

Free



Join a Poetry Group
See Page 31

Yoga, Dahn

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice class members can also manage problems with weight and pain.

N. Domingo Baca,
Aerobic Room (Upstairs)
Saturday, 10:30 - 11:45 am
\$5/class, Lynn Alexander



North Valley, Social Hall South
Tuesday, Thursday, 3:00 - 4:00 pm
\$3, David Plummer

Other Classes

Chair Massage

Natural non-invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, increased sense of well-being massage done for a nominal fee.

Chair Massage Therapy

Choice of seated massage in a regular chair, wheelchair, or a massage chair.

North Valley, Lobby

1st & 3rd Wednesday

9:00 am - 12:00 pm

Donation

Ellen Santistevan, LMT 6535, APP

Reflexology Massage Therapy

Reflexology is a hands on modality that relaxes and restores the body by working the hands and/or feet. Come treat your feet or hands.

North Valley, Lobby

4th Wednesday and 2nd Friday

9:00 - 11:00 am

\$10 for 15 minutes

Catherine Barba, LMT6823

Synthesis

Synthesis offers a unique approach to the mind-body connection by blending deep relaxation and gentle stretching movements. Deep relaxation is a mentally active process which leaves the mind and body relaxed, calm and focused. Gentle stretching follows deep relaxation enhancing the experience of relaxed mindfulness in a physical activity.

Highland, Room 8

Wednesday, 3:30 - 4:30 pm

Instructor: Sandy Garthwaite

Sports & Fitness

Other Classes

EnhanceFitness

Improve balance, flexibility; bone density, coordination, endurance and strength. This is an evidence-based senior fitness class. Pre-registration along with fitness assessment required prior to attending.

Los Volcanes Joe O. Armijo
50+ Sports & Fitness Center,
 Aerobic Room
 Mon, Wed, Fri, 1:00 - 2:00 pm
 Dee Williams

North Valley, South Social Hall
 Monday, Wednesday, Friday,
 8:45 - 9:45 am
 Ellias Novrestari

North Domingo Baca
 Monday, Wednesday & Friday
 8:05 - 9:05 am
 10:15-11:15am



REIKI

If you suffer from physical pain, sleeplessness, emotional pain, Reiki energy may help you. Linda does 15 minute session for walk-in and donation basis.

Highland, Room 8
 Every 1st Friday 9:30 am - 12:00 pm

Balance & Movement for Parkinson's

This class is designed for most all levels and focuses on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate too!

Highland, Room 8
 Monday 3:00 - 3:45 pm
 Cost: \$5 per class
 Instructor: Mindy Caplan



Check out the Rococo Sport Horses
See Page 62 for details



Monthly Trips

Trips

Trip Policies

- To register for trips, present your membership card or give your card information with your payment.
- Make checks payable to the City of Albuquerque
- Cancel at least 3 days in advance.
- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.

- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Refunds: Original receipts should be presented to receive approved refunds. No refunds on trips costing \$1.00 or less.

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip

Release Form before leaving the Center". If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

DATES to sign up for trips:

Beginning Monday, July 6th
 trips registrations/presentations will be available for sign up



Trip to Ojo Caliente

Trips

Monthly Trips

Ride & Glide w/Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time just exploring the natural beauty of our state. Enjoy a delicious lunch at a local restaurant.

Bear Canyon
 Thursday, July 2
 Wednesday, August 19
 Tuesday, September 29
 Tuesday, October 6
 Monday, November 23
 Wednesday, December 2

Check in: 8:00 am • Return 5:00 pm approximately
 \$6.50 transportation, 5¢ per mile if trip exceeds 100 miles

Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

Bear Canyon
 4th Thursday
 Check in: 10:45 am • Return 2:00 pm
 50¢ transportation

Out-To-Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

Bear Canyon
 1st Monday
 Check in: 4:45 pm • Return 8:30 pm
 50¢ transportation

Join us in celebrating
National Watermelon Day!
See Page 21

**Palo Duro
presents...**

A "Fare" to Remember



**Trips leave
Palo Duro.
Sign up at
the front desk.
Meals at your
own expense.**



Mucho Gusto

Santa Fe
Mexican cuisine; 1 soup of the day & House or Caesar salads only.
Wednesday, July 8
Check in: 10:00 am • Return: 4:00 pm
Cost: \$7.50

Katrinah's East Mountain Grill

Edgewood
Mexican cuisine
Visit to Schwebach's farm market
Tuesday, August 11
Check in: 10:00 am • Return: 4:00 pm
Cost: \$4.50

El Rancho Hotel Restaurant

Gallup
New Mexican Cuisine, salads, burgers, sandwiches, ribs & steaks
Wednesday, September 9
Check in: 8:00 am • Return: 5:00 pm
Cost: \$15.50

El Farolito (CASH ONLY)

El Rito
Burgers, dogs, sandwiches & Mexican cuisine.
Visit to Northern New Mexico College – El Rito Campus
Thursday, October 15
Check in: 8:00 am • Return: 5:00 pm
Cost: \$13.50

El Camino Restaurant

Socorro
Mexican cuisine
Docent tour of San Miguel Church after lunch (approx. 1:30 pm)
Monday, November 9
Check in: 10:15 am • Return: 4:00 pm
Cost: \$9.50

Indigo Crow

Corrales
Soup, salads, burgers, sandwiches, Fish & Chips, Fish tacos, Pork tacos & Mac & Cheese
Tuesday, December 15
Check in: 10:30 am • Return: 4:00 pm
Cost: \$3.00

Enchanted Journeys with Shannon

We'll visit a mystery destination that's sure to be lots of fun, followed by lunch at a nearby restaurant.

Barelas

Thursday, July 2
Thursday, August 6
Thursday, September 3
Thursday, October 1
Thursday, November 5
Check in: 8:15 am • Return: 4:00 pm
\$13.00 transportation, lunch at your own expense

Ride & Roam with Ron

The destination is a mystery but be assured you are in for an adventure.

Palo Duro

Tuesday, July 7
Wednesday, August 12
Thursday, September 3
Tuesday, October 13
Tuesday, November 17
Wednesday, December 9

Check in: 8:00 am • Return: 4:00 approximately

Cost: .05¢ a mile transportation cost paid upon return & lunch at your own expense.

ON THE HUNT FOR THE BEST GREEN CHILE CHEESEBURGER

New Mexico didn't invent the hamburger, but we're the ones who added green chili and made it hot! No state is more passionate about its burger. Join us on our hunt to various locations over the next few months. You be the judge! You'll also get to visit various nearby attractions as an added bonus!

Barelas

Tuesday, July 28
Check In: 8:15 am
Return: 4:30 pm
Restaurant - Bode's General Store - Abiquiu
Attraction - Purple Adobe Lavender Farm
\$15.25 Transportation

Thursday, August 27
Check In: 7:30 am
Return: 3:30 pm
Restaurant – Laguna Burger – Rio Puerco
Attraction – El Malpais National Monument, near Grants
\$12.25 Transportation



Thursday, September 24
Check In: 8:15 am
Return: 3:30 pm
Restaurant – El Bruno's Café - Cuba
Attraction – Jemez Springs
Transportation \$10.00

Thursday, October 15
Check In: 9:00 am
Return: 2:00 pm
Restaurant – The Greenside Café – Cedar Crest
Attraction – Cedar Crest
Transportation \$3.25

Thursday, November 12
Check In: 8:00 am
Return: 4:30 pm
Restaurant – Buckhorn Tavern – San Antonio
Attraction – Bosque del Apache National Wildlife Refuge
Transportation \$12.25

Monthly Trips · A "Fare to Remember"
Hunt for the Best Chile Cheeseburger

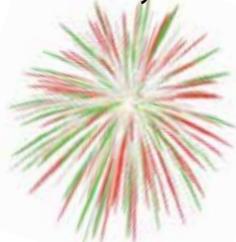
Trips

DAY TRIPS

JULY

Las Vegas Fourth of July Fiestas

Join us for a fun time in Las Vegas New Mexico for the Annual Fourth of July Fiestas. Music, food, arts and crafts and much more for your enjoyment.



North Valley

Saturday, July 4
Check in: 8:00 am
Return: 5:00 pm
\$13

Barelas

Saturday, July 4
Check In: 7:00 am - Return 6:00 pm
\$13 transportation

Telephone Museum

Housed in a charming 1906 building visitors will enjoy the variety of switchboards that were once the "link to the world." There are hundreds of telephones on display as well as teletype machines.

Bear Canyon

Friday, July 10
Check in: 9:00 am • Return: 2:00 pm
Cost: \$2.50, lunch and admission at your expense

Dinner & Mariachi Showcase Concert

Let's enjoy dinner at a nice restaurant followed by a good time at the Mariachi Showcase Concert at Civic Plaza. Listen to Mariachis from around the state. This concert provides an opportunity for all students to perform the music they have learned during a 3 day conference for Mariachis.

North Valley

Friday, July 10
Check in: 5:00 pm • Return: 8:30 pm
\$1 transportation



Lavender & Garlic Festival

The Los Ranchos Growers' Market hosts the Lavender and Garlic celebration. Vendors will have lavender products and various types of garlic. There will also be classes and demonstrations.

Highland

Saturday, July 11
Check In: 10:00 am
Return: 2:30 pm
Cost: \$1.50



Indian Arts & Culture Museum

The Museum of Indian Arts and Culture presents the diverse stories that illuminate the art and history of Native America through two millennia. Lunch to follow.

Manzano Mesa

Wednesday, July 15
Check In: 8:45 am
Return: 5:00 pm
Cost: \$9



Do I Look Old in This?

Let's go to Stein Mart for a fashion premier for "Seniors." Everything from casual to dressy, join us for a fun informative non-selling experience conducted by a fashion expert at Stein Mart.

Bear Canyon

Monday, July 20
Check in: 12:15 pm
Return: 3:30 pm
Cost: 50¢



"Only in Albuquerque"

Albuquerque Museum presents "Only in Albuquerque" an interactive, engaging, fun filled presentation of the history and culture of the Central Rio Grande valley.

Bear Canyon

Tuesday, July 21
Check in: 8:45 am • Return: 3:00 pm
Cost: \$2.50, Lunch and admission at your expense

Senior Center Tours

Join us as we travel across town to Los Volcanes Senior Center, and then we will make our way to Bare-



las Senior Center and lastly enjoy a delicious lunch at North Valley Senior Center followed by a tour.

Bear Canyon

Tuesday, July 28
Check in: 8:15 am Return: 2:00 pm
Cost: \$.50
Lunch at your expense



National Hispanic Cultural Center

This Exhibition: "Marco! Celebrating Nuestro Maestro Jose Marcos Garcia" brings together over 100 works by the local artist. This exhibition celebrated the fondness the city of Albuquerque had for this artist and reveals his legacy for the first time.

Highland

Thursday, July 16
Check In: 10:00 am • Return: 2:30 pm
Cost: \$1.50

Albuquerque Police Museum

There are many interesting exhibits; including photograph, uniforms, motorcycles, badges and early crime laboratory equipment. After the museum we will stop for lunch at your own expense.

Palo Duro

Wednesday, July 22
Check in: 9:00 am
Return: 2:30 pm
Cost: \$2.00



DeWolff's College of Hair Styling & Cosmetology

Join us for day of pampering. Get your hair cut and styled for \$2.

Barelas

Thursday, July 23
Check In: 9:15 am • Return 1:30 pm
50¢ transportation



See page 3 for contact info.

Santa Fe Spanish Market via Railrunner

We will arrive in the Santa Fe Depot in the historic Railyard. Browse the shops and specialty boutiques at Sanbusco Market Center. One block away, galleries, boutiques, antique and craft stores. Walk to the Plaza (8 blocks) or grab the free Santa Fe Pick-up shuttle at the depot.

N. Domingo Baca
Saturday, July 25
Check in: 8:45 am
Return: 5:00 pm
Cost: \$1.00 + RailRunner Fee



Market Place at Rail Yards

Come for the local produce, the great food, art, or live entertainment.

Manzano Mesa
Sunday, July 26
Check In: 9:00 am • Return: 12:30 pm
Cost \$1.50

Carlito Springs Open Space

An easy 15 minute drive takes you to desert oasis, featuring an exposed spring that fills 3 pools and its lush vegetation. Lunch will follow at a local eatery.

Manzano Mesa
Tuesday, July 28th
Check In: 9:30 am • Return: 4:00 pm
Cost: \$1.50

Fenton Lake Picnic

Enjoy a day at the lake on a beautiful summer day. Take a hike, fish or take a relaxing walk along the lake.

North Valley
Thursday, July 30
Check in: 8:30 • Return: 4:30 pm
\$8 transportation



AUGUST

Summer Festival & Wild West Adventures (El Rancho De Las Golondrinas)

Meet the lawmen, desperados and mountain men who put the "wild" in "wild west!" Peruvian Paso Horse shows.

North Valley
Saturday, August 1
Check in: 9:30 am • Return: 4:00 pm
\$8 transportation

Hispanic Cultural Center

This exhibit is something to be proud of for the North Valley Senior Center. Artist Jose' Marcos Garcia frequented the NV Senior Center at one time. The "MARCO" Exhibit brings together over 100 works by the local artist.

North Valley
Tuesday, August 4
Check in: 9:30 am • Return: 4:00 pm
\$1 transportation

Santo Domingo Feast Day

Santo Domingo Pueblo is the scene of the largest Indian Dance Ceremony held annually in the Southwest. This is the Feast Day of St. Dominic, Patron Saint of the historic Indian Pueblo.

Barelas
Tuesday, August 4
Check in: 8:00 am • Return: 4:00 pm
\$5 transportation

Bear Canyon
Tuesday, August 4
Check in: 8:15 am • Return: 4:00 pm
Cost: \$5.00
Lunch at your expense

Los Volcanes
Tuesday, August 4
Check in 8:15 am • Return: 4:00 pm
approximately
\$5 Transportation

NM State Pen

The New Mexico Corrections Department will be offering tours of the "Old Main" prison over the summer. These tours inform visitors about what happened during the 1980 riot and teach



them more about the Corrections Department.

Los Volcanes
Thurs., August 6
Check in 10:00 am
Return: 4:00 pm
approximately
\$3 Transportation
\$5 Lunch, \$15 Tour

Corrales Bike & Wine Tour

The tour will feature a bike ride with stops designated roughly every two miles for patrons to enjoy wine tasting offered by the villages premier vineyards. Plan on at least 4 hours to really take it all in & ending at 5 pm to enjoy live jazz music until 7 pm at registration booth. Bicycle safety equipment and all-terrain bikes are encouraged. All ages are welcome on the tour. All additional expenses on your own. (Extra glasses of wine at each winery bottles of wine, etc.)

Los Volcanes
Saturday, August 8
Check in 10:45 am
Return: 4:00 pm approx.
\$4 Transportation
\$8 Tour



Bandelier National Monument

A visit to Bandelier is a great way to learn about the ancestral pueblo people and envision them in the beautiful valley that is set aside as the National Monument.

Los Volcanes
Tuesday, August 11
Check in 7:30 am • Return: 5:00 pm
approximately
\$3 Transportation
\$6 Admission

Trips are first-come, first-served. Most require advance registration.



AUGUST, CONT.



Balloon Museum

Tour the Balloon Museums vast collection of balloons, art work and aerial artifacts. \$2.00 admission at your own expense.

Bear Canyon

Wednesday, August 12
Check in: 9:00 am • Return: 3:00 pm
Transportation 50¢, \$2.00 admission, Lunch at your expense

Whitehawk Ethnographic and Antique Indian Art Shows

The Whitehawk Shows have been a Santa Fe tradition for 37 years. Each show boasts over 100 dealers and features merchandise not seen anywhere else.

North Valley

Friday, August 14
Check in: 8:15 am • Return: 5:00 pm
\$9 transportation



Cold Mountain - Santa Fe Opera

Deserting the Confederate army and fleeing the hospital to reunite with the love of his life, wounded Civil War soldier WP Inman endures an American odyssey that has gripped millions of readers-and now takes the opera stage.

Palo Duro

Monday, August 17
Check in: 4:30 pm • Return: 12:00 am approximately
Cost: \$62.25

KOB Tour

See "behind-the-scenes" of your local KOB 4 News Broadcasting station! Enjoy a 40-minute tour of the studio. We will follow up our tour with lunch at a local eatery.

Bear Canyon

Tuesday, August 18
Check in: 10:00 am
Return: 3:00 pm
Cost: \$2.00
Lunch at your expense at local restaurant

Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day.

Los Volcanes

Thursday, August 20
Tuesday, September 22
Check in 6:45 am • Return: 6:00 pm
\$14.50 transportation/ \$21.43 Mineral Bath, extra services are available. The entrance to the mineral baths are at your own expense. Bring your own lunch or purchase lunch at the Artesian Restaurant.

North Valley

Thursday, September 17
Check in: 8:00 am • Return: 5:00 pm
\$13 transportation



Santa Fe Plaza & St. Francis Cathedral

A little shopping, sightseeing and relaxing on the plaza; eat lunch at a restaurant of your choice, and visit the Cathedral. You can do it all!

Los Volcanes

Tuesday, August 25
Check in 8:45 am • Return: 3:00 pm
\$7 Transportation

Casa Rondena Winery

A unique Moorish castle that encloses a huge wine making operation that produces a respected cabernet and sauvignon wines. This is a 2-hour tour.

Los Volcanes

Thursday, August 27
Check in 12:15 pm • Return: 3:30 pm
\$2 Transportation \$15 Admission



Daughters of the Regiment - Santa Fe Opera

Born to wealth, the vivacious Marie was found as an infant on a battlefield and raised by soldiers who dote on her. The affection is mutual, and when wealthy relatives separate her from the regiment, her boyfriend Tonio joins forces with her outraged soldier buddies. Their hilarious plot to thwart Marie's snooty family breaks rom-com rules and gender stereotypes, but it is wreathed in vintage vocal splendor.

Palo Duro

Wednesday, August 26
Check in: 4:30 pm • Return: 12:00 am approximately
Cost: \$62.50

Canyon Road in Santa Fe

Nestled in the foothills of the Sangre de Cristo Mountains, Canyon Road is a magical half-mile in the Historic District of Santa Fe. Stroll this picturesque trail to experience fine art, great shopping and exquisite dining.

Highland

Wednesday, August 12
Check In: 8:30 am • Return: 4:00 pm
Cost: \$7.50



Isotopes Ball Game

It's a family night out! Skip the parking hassle and box office and join us as we watch the Isotopes take on Fresno!

Manzano Mesa

Friday, August 14th
Check In 5:45 pm • Return: 9:30 pm
Cost \$13.50 includes transportation and admission ticket.



Humane Society Tour

Learn how Animal Humane serves our community witnessing first-hand how our comprehensive Circle of Care programs change the lives of New Mexico pets and pet owners. After our tour we will have lunch at a local restaurant.

Manzano Mesa

Wednesday, August 19th
Check In: 10:30 am • Return: 2:30 pm
Cost \$1.50

Adobe Theatre "Picnic"

William Inge drama set in a small Mid-western town in the early 50s as the residents prepare for the annual Labor Day picnic. Complications arise when a handsome stranger visits and old college friend.

North Domingo Baca

Friday, August 21
Check In: 7:00 pm • Return: 10:15 pm
Cost: \$15.65 includes admission

Acoma Sky City

Sky City Cultural Center and Haak'u museum, is rich in cultural architecture. Acoma is the oldest continuously inhabited settlement in North America and the 28th Historic site designated by the National Trust for preservation. Museum fee and Tour will be at your cost.

Highland

Wednesday, August 26
Check In: 8:00 am • Return: 5:00 pm
Cost: \$8.25

Unser Museum

Take a guided tour and learn about the Unser family history, then explore on your own, seeing and interacting with racing history as it happened.

Bear Canyon

Wednesday, August 26
Check in: 9:00 am • Return: 3:00 pm
Cost: \$2.50, Lunch and admission at your own expense

Stop Senior Hunger



Donate Senior-friendly food at:

- Senior Centers
- Multigenerational Centers
- Sports & Fitness Centers

Throughout the month of September

Stop Senior HUNGER

A COMFORT KEEPERS® INITIATIVE

In partnership with



Comfort Keepers



CITY OF ALBUQUERQUE



BERNALILLO COUNTY



DEPARTMENT OF SENIOR AFFAIRS



Mountainair Sunflower Festival

Music, food, arts & crafts and a Sunflower Hat contest. Musical performers include Le Chat Lunatique, Rye Creek Band and Erineo. Food vendors will be available at the festival.

Palo Duro

Saturday, August 29
Check in: 9:00 am • Return: 5:00 pm
Cost: \$8.50

Bear Canyon

Saturday, August 29
Check in: 9:00 am • Return: 5:00 pm
Cost: \$8.50

Manzano Mesa

Saturday, August 29
Check in: 9:00 am • Return: 5:00 pm
Cost: \$8.50

SEPTEMBER

San Esteban Del Rey Feast Day - Acoma Pueblo

Native American Feast Days allow tribal members to come together in a renewal of their language, culture, and religion. On these days, the communities celebrating a feast day are

open to the public, and members of the tribe will prepare a variety of bountiful meals to share with their visiting guests.

Barelas

Wednesday, September 2
Check in: 8:30 • Return: 4:30 pm
\$8 transportation, \$5 shuttle service at Acoma

Saint Augustine Feast Day – Harvest Dance at Isleta Pueblo

Los Volcanes

Friday, September 4
Check in 8:15 am • Return: 3:30 pm
\$3 Transportation

Pine Ridge Arabians

Join us for a tour of the Pine Ridge Arabians. Founded in 1968 by Paul and Carole, the Dearth's have been breeding Arabian horses for over 35 years. During that time they have bred, raised and trained national winners in many divisions.

Bear Canyon

Tuesday, September 8
Check in: 8:15 am • Return: 3:00 pm
Cost: \$3.00
Lunch at your expense

Catholic Church Tour

We will visit some of the oldest catholic churches in our state. Learn the history and enjoy the unique and striking architecture of each one.

North Valley

Tuesday, September 8
Check in: 8:15 am • Return: 4:30 pm
\$13 transportation

SEPT., con't.



Salman Raspberry Ranch

The Salman Ranch has been growing raspberries since 1982, and opened their fields to the public in 1993. The berry harvest produces hundreds of flats of fresh handpicked berries that are sold at the Salman ranch store. You will also be able to pick your own berries at the U Pick it field.

Bear Canyon

Thursday, September 10
 Check in: 8:00 am
 Return: 4:00 pm
 Cost: \$17.50
 Lunch at your expense

Los Volcanes

Tuesday, September 29
 Check in 7:15 am • Return: 4:00 pm
 \$17.50 Transportation



Rococo Sport Horses

Nestled just north of Albuquerque's city limits, in the green-belt area of the Rio Grande, lies the charming Village of Corrales. Designated the "Horse Capital of New Mexico," Corrales has more horses per capita than anywhere in the state. This oasis at the edge of town is home to Romance Arabians and now, Rococo Sport Horses...A lighter, livelier version of the Baroque...truly the best of both worlds! Lunch to follow at Village Pizza.

Palo Duro

Friday, September 11
 Check in: 9:00 am • Return: 3:00 pm
 Cost: \$2.50



Pie Town

In Americas great southwest, astride the Continental Divide, sits Pie Town, peacefully resting in west Central New Mexico. Pie town is found at mile marker 56, U.S. Hwy. 60. It is the home to the world renowned GOOD-PIE & has been featured in various television programs and national publications, such as the February 2005 Smithsonian Magazine and the Food Networks "Best Thing I ever Ate." If you are looking for a good piece of pie, Pie Town serves the best pies on the planet. We will be there just in time for their annual Pie Town festival.

Los Volcanes

Saturday, September 12
 Check in: 8:00 am • Return: 4:00 pm
 \$17.50 transportation



Salsa Fest

Save the date! Taste the flavors, feel the rhythms, and dance to the sounds of salsa during the 11th Annual Historic Old Town Salsa Fiesta!

Manzano Mesa

Saturday, September 12
 Check In: 10:00 am • Return: 3:00 pm
 Cost \$1.50

North Valley

Saturday, September 12
 Check in: 10:00 am • Return: 4:00 pm
 \$1.50 transportation

Research your family history when you join the Genealogy Club!
See page 29



NM State Fair

Enjoy the day at the State Fair with lots of food, art and much more.

Bear Canyon

Friday, September 11
 Check in: 9:00 am Return: 3:00 pm
 Cost: \$1.50

Highland

Monday, September 14
 Check In: 9:00 am • Return: 2:00 pm
 Cost: \$1.50

Los Volcanes

Monday, September 14
 Check in 8:15 am Return: 3:30 pm
 \$1.50

Manzano Mesa

Monday, September 14
 Check In: 9:00am • Return: 2:00 pm
 Cost: \$1.50

North Domingo Baca

Monday, September 14
 Check in: 8:30 am • Return: 3:00 pm
 Cost: \$1.50

North Valley

Monday, September 18
 Check in: 8:45 • Return: 3:00 pm
 \$1.50



McAllister's Deli, Uptown

Enjoy shopping and lunch.

North Domingo Baca

Wednesday, Sept. 16
 Check in: 8:30 am • Return: 1:00 pm
 Cost: \$2



Tent Rocks National Monument

These remarkable cone shaped rocks are located on the Pajarito Plateau in North Central New Mexico near Cochiti. These rocks were formed by volcanic eruptions that occurred millions of years ago.

Barelas

Thursday, September 17
 Check in: 8:30 • Return: 4:00 pm
 \$8 transportation, bring a sack lunch



The ultimate coffee tasting experience with Piñon Coffee

Our fun and informative Coffee 101 class includes: Cupping (the practice of experiencing the tastes and aromas of brewed coffee). Roasting (you'll learn the different roasting terms and get to participate in actual coffee roasting). Fun facts about coffee and its history plus a 25% discount towards any purchase you make on the day of your class. Receive a FREE gift with your seminar attendance.

Manzano Mesa

Thursday, September 17
Check in: 9:15 am • Return: 2:30 pm
Cost: \$2.00 transportation

Riverbend Hot Springs Mineral Springs Resort & Spa

Long considered sacred by the Apache and Mimbres Tribes of Southern New Mexico, the natural, mineral rich water of Riverbend Hot Springs has been relaxing and rejuvenating. Now we bring you these legendary waters from our gorgeous riverside locale in the historic downtown district of Truth or Consequences (formerly Hot Springs, NM). Join New Mexico's only hot springs spa on the banks of the Rio Grande. You will be treated to a 50-minute soak.

Barelas

Tuesday, September 22
Check in: 8:00 am • Return: 5:00 pm
\$17 transportation



Tinkertown Museum

Enjoy a trip to the Sandia Mountains and enjoy a visit to Tinkertown Museum, a fantastic and enchanted assortment of miniature, animated Western Scenes. There's a wall made of bottles and numerous memorabilia that will take you back a few years! The gift shop alone is worth the visit!

Bear Canyon

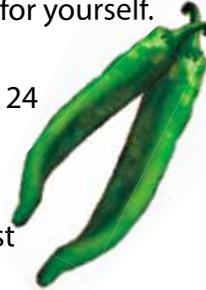
Tuesday, September 22
Check in: 8:30 am • Return: 2:00 pm
Cost: \$3.50, transportation
Lunch at your expense at local restaurant

Gilly's Hatch Valley Chile Company

#1 Hatch Green Chile Peppers, salsa, enchilada sauce & roasted pepper. Gilly's Hatch Fresh Green Chile is one of the favorites. Try it for yourself.

Los Volcanes

Thursday, September 24
Check in: 7:30 am
Return: 7:00 pm
\$11 transportation
Lunch & purchase cost at your own expense



UNM Campus Observatory

We will have dinner at the Frontier Restaurant then go to The University of New Mexico's Campus Observatory, which contains a 14-inch telescope with CCD camera inside its protective dome. When not stargazing, the observatory assists in faculty research in areas such as cosmology, galactic astronomy and solar physics.

Highland

Friday, September 25
Check In: 5:00 pm • Return: 9:00 pm
Cost: \$1.50



Ernie Pyle Library House

The Ernie Pyle Library houses a small collection of adult and children's books, as well as Pyle memorabilia and archives. Although the house is an active branch library, its appearance as a home was carefully preserved. Both the interior room configuration and the landscaping, even the picket fence built by Pyle and the grave marker of his dog, Cheetah, have been preserved. The house was listed on the National Register of Historic Places

on September 22, 1997, and designated a National Historic Landmark on September 20, 2006. After a brief tour we will stop for lunch near UNM.

Palo Duro

Friday, September 25
Check in: 9:00 am • Return: 2:00 pm
Cost: \$2.00

Corrales Harvest Festival

Join us for a fun day at the festival. You'll enjoy a pet parade, fun run, crafts, food, and kid events, Wagner's Corn Maze, pumpkin patch & more.

Los Volcanes

Saturday, September 26
Check in: 9:30 am • Return: 2:00 pm
\$3 Transportation, Lunch & purchase cost at your own expense



Thunderbird Express Train Ride

Ride the Train! This ride of 1.5 miles along the Rio Grande Bosque connects the Aquarium and Botanical Gardens with the Zoo. This train ride takes 1 hour and will be a great time to see the leaves on the trees in the Bosque and admire the ducks at Tingly Beach. Lunch will be at a nearby restaurant to following the train ride.

Highland

Wednesday, September 30
Check In: 9:15 am • Return: 2:00 pm
Cost: \$1.50



GET INTO THE ACT!!

Take those dancing shoes out of the closet and join us for a fun time dancing to your favorite tunes!

LIVE MUSIC!!

Call your center for dates and times.

OCTOBER

Walkin' N Circles Ranch

New Mexico Horse Rescue at Walkin N Circles Ranch, Inc. (WNCR) exists to rescue, rehabilitate, and provide proper care and humane treatment to unwanted, abused and abandoned horses! Our purpose is to provide each rescued horse humane and caring attention in which fear and pain are left at the front gate. Following a total assessment, gentle rehabilitation and/or retraining, and a rigorous screening process, we endeavor to find loving adoptive homes for each of our rescued horses. Our primary objective is to provide each rescued horse a chance for a new start in a useful and productive life. Lunch at a nearby restaurant.

Palo Duro

Thursday, October 1
Check in: 9:00 am • Return: 4:00 pm
Cost: \$5.50



Rio Grande Zoo

Join us for a docent led tour of the zoo! Hear the stories of how and why we have the animals we do. See the zoo babies and learn lots of fun facts! Pack a lunch or eat at the café. Come be in the know.

Manzano Mesa

Thursday October 1
Check in 8:45 am • Return: 3:00 pm
Cost \$1.50 + Admission Fee
Cost: \$ 6.00



Harvest Festival El Rancho de Los Golondrinas

Join us for the most popular event of El Rancho de Las Golondrinas! Watch the villagers crush grapes for wine, make tortillas, bake fresh bread, string

ristras and much more. Please wear comfortable walking shoes, hat, and sunscreen.

Bear Canyon

Saturday, October 3
Check in: 9:00 am Return: 3:00 pm
Cost: \$6.00 Lunch at your expense

Highland

Saturday, October 3
Check In: 9:30 am • Return: 4:00 pm
Cost: \$ 6.00

Los Volcanes

Saturday, October 3
Check in 9:00 am Return 3:30 pm
\$6 Transportation/\$6 Admission

North Valley

Saturday, October 3
Check in: 9:30 am • Return: 4:00 pm
\$6 transportation



Estrella del Norte Vineyard – Wine Tasting

Come enjoy a wine tasting at an exclusive wine tasting room!

Barelas

Tuesday, October 6
Check in: 9:15 am • Return: 4:00 pm
\$8.00 transportation, \$6 + tax at Winery, lunch at your own expense

Corrales Wine Loop

Los Volcanes

Thursday, October 8
Check in 10:30 am • Return 5:00 pm
\$4 Transportation
\$8 Admission



Albuquerque Wholesale Florist

Flower lovers, come take a brief tour of our wholesale reseller to see how they ship and where the bloom come from (please note they do not sell to individuals).

Manzano Mesa

Thursday, October 8
Check In: 10:15 am • Return: 2:00 pm
Cost: \$1.50

Special Shapes Glowdeo

The event is now known as “balloon glows” were invented in Albuquerque in 1979, when local pilots inflated balloons on Christmas Eve night as a “Thank You” to local residents. The sight of balloons lit from within at night like giant holiday ornaments is breathtaking, and “Glow” events are now held all over the world.

Barelas, Thursday, October 8

Check in: 3:00 • Return: 8:30 pm
\$3.25 transportation,
\$8 gate admission

North Valley

Thursday, October 8
4:30-8:30 pm
\$3.25 transportation

Canyon Road-Santa Fe

You can stroll through this historical neighborhood, shop for art and have lunch at one of the restaurants along the way.

Palo Duro

Friday, October 9
Check in: 9:00 am • Return: 4:00 pm
Cost: \$7.50

Bowling at Silva Lanes

When is the last time you went bowling? Get away from the hustle and bustle and join us for this leisure activity. Three games for \$5.25.

North Domingo Baca

Tuesday, October 13
Check in: 10:30am
Return: 3:00pm
Cost: \$1.75



Fractal Maze

The Rio Grande Community Farm creates a corn maze each year, always in a different fractal shape. Finding your way through it is a lot of fun, and takes planning, skill and a little bit of luck. In addition to the corn maze, there is a pumpkin patch, hay bale city, farm

Check out the
Mystery Book Club
See Page 29



animals and educational activities. Followed by lunch in the North Valley area.

Manzano Mesa

Friday, October 16
Check in 9:45 am • Return: 4:00 pm
Cost \$1.50 Transportation,
\$5.00 Admission Fee



Highroad to Taos

Enjoy the autumn gold of the aspen trees on this leisurely drive through historic villages of the Sangre de Cristo Mountains, including Córdova, Truchas, Las Trampas, and Picurís Pueblo, followed by lunch in Taos. We'll return by way of the picturesque Taos Gorge and the Española Valley.

Highland

Wednesday, October 14
Check In: 8:00 am • Return: 6:00 pm
Cost: \$14.50



Rail Runner to Santa Fe

Join us on the Rail Runner Express as we zip through ancient pueblo land with stunning scenery. Spend the day in Santa Fe's historic Plaza, for food, shopping, museums and galleries.

Bear Canyon

Wednesday, October 14
Check in: 9:00 am • Return: 6:00 pm
Cost: \$3.00, \$7.00 Day Pass and lunch at your own expense

Changing of the Leaves at the Santa Fe Ski Basin

We will drive up the Santa Fe Ski basin to view the beautiful changing colors of the leaves. Bring warm clothes and comfortable shoes. Lunch will follow at one of Santa Fe's popular restaurants.

North Valley

Friday, October 9
Check in: 8:15 am • Return: 5:00 pm
\$9 transportation



Maxwell Museum of Anthropology - Ancestors Exhibit

Join us for a guided tour of UNM's Maxwell Museum of Anthropology Ancestors exhibit-representing approximately 4 million years of human history through the biological changes and cultural turning points that make us distinctly human.

Bear Canyon

Tuesday, October 20
Check in: 9:00 am • Return: 2:00 pm
Cost: \$2.00, Lunch at your expense at local restaurant

NM Governor's Residence Tour

Join us for a tour of The New Mexico Governor's Residence, the official residence of the Governor of New Mexico and her family. The current structure, located at 1 Mansion Drive in Santa Fe, New Mexico, has served as the Governor's official residence since 1954. It is the third home to serve this function.

Bear Canyon

Tuesday, October 27
Check in: 9:30 am • Return: 4:00 pm
Cost: \$8.00, Lunch at your expense at local restaurant

Carrizozo Museum & White Oaks Ghost Town

Visit the museum that was once an ice plant that provided block ice for many wooden or tin "ice boxes" in Carrizozo's past. It features a typical one-room school; artifacts of Carrizozo's railroad and ranching history. After lunch we will swing over to White Oaks Ghost Town - School House Museum where you will find artifacts from the late 1800's where gold was once discovered and people came from all over to seek their fortunes.

Barelas

Tuesday, October 20
Check in: 7:30 am • Return: 5:00 pm
\$16.25 transportation

NOVEMBER

Ojo Caliente

Long before the Spaniards described it as the "hot eye" of a deep volcanic aquifer, and even before the early Indian peoples gathered at these ancient springs, the waters have been flowing steadily from a source deep below the earth's surface. Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day.

Los Volcanes

Tuesday, November 3
Check in 6:45 am • Return: 7:00 pm
\$14.50 transportation/ \$21.43 Mineral Bath, extra services are available. The entrance to the mineral baths are at your own expense. Bring your own lunch or purchase lunch at the Artesian Restaurant.

North Domingo Baca

Thursday, November 19
Check in: 8:00 am • Return: 6:00 pm
Cost: \$14

Special Collections Library

The 1925 Pueblo/Spanish Revival-style building is a registered Albuquerque landmark in the historic Huning Highlands Neighborhood.

Highland

Thursday, November 5
Check In: 9:30 am • Return: 2:00 pm
Cost: \$1.50

Dixon Studio Tour 2015

The Dixon Studio Tour is one of the oldest continuously run studio tours in the state. Dixon, nestled in the Embudo Valley in Northern New Mexico where the Rio Embudo flows into the Rio Grande, has been long known for its rich Native American and Hispanic heritage. Come and wander among the orchard sand, visit the open studios, and local businesses featuring a

Continued on Page 66...

NOV., con't.

full spectrum of contemporary and traditional fine art and crafts.

North Domingo Baca

Saturday, November 7
Check in: 8:00am • Return: 3:00pm
Cost: \$12



Very Large Array

Radio telescopes are used to study naturally-occurring radio light from stars, galaxies, black holes, and other astronomical objects and are used to transmit and reflect radio light off of planetary bodies in our solar system. Take a behind-the-scenes tour and learn about one of the world's premier astronomical radio observatories.

Barelas

Saturday, November 7
Check in: 8:30 am • Return: 5:00 pm
\$14.00 transportation



Santa Fe National Cemetery

We will visit this historical Santa Fe property. This is an opportunity to visit the resting place of a loved one at the Santa Fe National Cemetery. Afterwards, we will visit the plaza.

Bear Canyon

Tuesday, November 10
Check in: 9:00 am • Return: 4:00 pm
Cost: \$7.00
Lunch at your expense at local restaurant

Wine by Design

Drink a glass of our premium New Mexican wine, (or have a nonalcoholic

beverage) socialize with friends and enjoy the good vibes while we lead you step-by-step through the process of completing your own colorful yet uncomplicated painting. Regardless of whether or not this is your 1st or 50th painting, everyone leaves with a canvas in hand feeling like an artist! We provide all supplies including an apron.

Manzano Mesa

Thursday, November 12
Cost \$2.50 Transportation, \$25 for class and materials
Check in 12:45 pm • Return: 4:00 pm

The Ladd S. Gordon Bernardo-Waterfowl Complex

This is a great area for winter viewing of migrating birds. This Bernardo Waterfowl area is special as it contains a three mile vehicle tour loop and three elevated viewing and photography platforms.

North Valley

Thursday, November 12
Check in: 8:30 am • Return: 5:00 pm
\$6.50 transportation

Valle de Oro

This refuge offers a unique environmental education and recreation opportunity in a highly populated area while promoting a wildlife conservation message. It is part of the National Wildlife Refuge System, a national network of lands and waters managed for the benefit of the wildlife, habitat and you.

Highland

Saturday, November 14
Check In: 10:30 am • Return: 4:30 pm
Cost: \$1.50



Atomic STEaM Photography Show

The National Museum of Nuclear Science & History will host the "Atomic STEaM Photography Show" a special photo art exhibit, on display. Individuals, both local and from all over the world, shared their photographic tal-

ent and eye for everything science, technology, engineering, art and mathematics (STEaM), and a select number of photographs were chosen through the juried competition to be displayed at the Museum. After the museum we will stop for lunch at Golden Corral.

Palo Duro

Friday, November 20
Check in: 9:00 am • Return: 3:00 pm
Cost: \$3.00 transportation & \$10 admission 60+, 59 and under \$12

Winter Spanish Market

Join us for award winning art, food, demonstrations and live entertainment at the annual Winter Spanish Market at the Hotel Albuquerque.

North Valley

Friday, November 27
Check in: 9:30 am • Return: 3:30 pm
\$1.50 transportation

DECEMBER

Lighting of the Christmas Tree in Old Town

The luminarias and twinkle lights fill the air, featuring live music and other entertainment, delicious aromas of hot chocolate and spicy treats wafting from area shops and restaurants, and the opportunity to shop for unique gifts at Old Town's many shops and galleries; many offering special discounts.

Barelas

Friday, December 4
\$1.50 transportation
Check in: 4:15 pm – Return: 9:30 pm

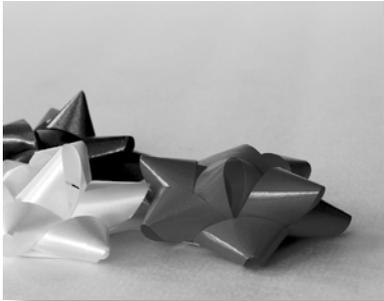
Manzano Mesa

Friday, December 4
Cost \$1.50 transportation
Check in 4:15 pm • Return: 8:30 pm

North Valley

Friday, December 4
Cost \$1.50 transportation
Check in: 4:30 pm • Return: 8:00 pm





Old Town Holiday Stroll

Join us for the annual lighting of the Christmas Tree in Don Luis Plaza. Enjoy a delightful evening of entertainment, dining and shopping. The luminarias and twinkle lights fill the air with Holiday spirit during this classic and time-honored Albuquerque Event.

Bear Canyon

Friday, December 4
Check in: 3:45 pm • Return: 9:00 pm
Cost: \$2.00
Dinner at your expense

Popcorn Cannery

Where popcorn is perfectly popped! Treat yourself to any number of flavored popcorns that are packed in decorative cans, just right for holiday giving.

Highland

Friday, December 4
Check In: 9:00 am • Return: 2:00 pm
Cost: \$1.50
Lunch at your own expense

Christmas in Madrid

We will start off with the annual Holiday parade down main street. Afterwards you can enjoy shopping at the unique shops, galleries and/ or have dinner at one of Madrid's restaurants.

Bear Canyon

Saturday, December 5
Check in: 2:00 pm • Return: 9:00 pm
Cost: \$7.00
Dinner at your expense

Los Volcanes

Saturday, December 5
Check in 2:00 pm • Return: 9:00 pm
\$7.00 Transportation

River of Lights

Enjoy the magic of millions of twinkling lights and dazzling holiday displays at New Mexico's largest walk-through light show!

Bear Canyon

Wednesday, December 16
Check in: 4:45 pm Return: 10:00 pm
Cost: \$3.00, \$10 admission and dinner at your own expense

Los Volcanes

Thursday, December 11
Check in 4:45 pm Return: 9:00 pm
\$3 Transportation, \$10 Admission

North Valley

Friday, December 18
Check in: 4:00 • Return: 9:00 pm
\$3 transportation

Christmas at Kuaua – Coronado State Park

Join us for a special evening of music and Native American dancers around a bonfire, and take a farolito tour (side-walks lined with paper bags illuminated with candles) through the ruins along the main loop trail, and enjoy refreshments.

Barelas

Sunday, December 6
Check in: 2:30 pm • Return: 9:00 pm
\$3.25 transportation

Bugg Light Display in Belen

This festive display of light represents myriad memories for many generations, but most of all, it is a much-anticipated local Christmas tradition. Bugg lights now take center stage at the Harvey House Museum in Belen.

Highland

Wednesday, December 9
Check In: 3:30 pm • Return: 9:30 pm
Cost: \$ 5.50

The New Mexico Piñon Coffee Experience

The New Mexico Coffee Experience is a unique opportunity for visitors to learn about coffee and to see the inner workings of a local coffee producer. Attendees will be given a tour of NMPC facilities, take part in an official coffee cupping, and be given an introductory course all about coffee. As part of the tour, visitors will be able to participate in roasting and packaging their very



own bag of piñon coffee. The coffee course will cover the history of NMPC, different coffee regions and origins, the different roast and taste qualities of coffee, a guide to home brewing and a guide to coffee shop menu deciphering. Guest will be given a discount on purchase, a parting gift and their own bag of piñon coffee. After our tour we will have lunch somewhere in the North Valley.

Palo Duro

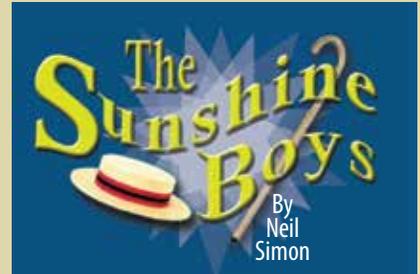
Saturday, December 12
Check in: 9:00 am • Return: 2:30 pm
Cost: \$2.00 transportation

THEATER TRIPS

ADOBE THEATER

The Sunshine Boys

Al and Willie as "Lewis and Clark" were top-billed vaudevillians for over forty years. Now they aren't even speaking. When CBS requests them for a "History of Comedy" retrospective, a grudging reunion brings the two back together, along with a flood of memories, miseries and laughs.



Bear Canyon - Sunday, July 12
Check in: 12:45 pm • Return: 5:00 pm Cost: \$13.50



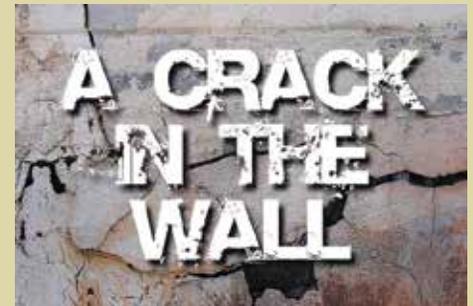
Picnic

Winner of the 1953 Pulitzer Prize and the Critics Circle Award. Labor Day Weekend - in the joint backyards of two middle-aged widows. The one house belongs to Flo Owens, who lives there with her two maturing daughters, Madge and Milie, and a boarder who is a spinster school teacher. The other house belongs to Helen Potts, who lives with her elderly and invalid mother. Into this female atmosphere comes a young man named Hal Carter, whose animal vitality seriously upsets the entire group.

Bear Canyon - Sunday, August 23 Check in: 12:45 am Return: 5:00 pm Cost: \$13.50

A Crack in the Wall

A drama about two families, one Jewish and one Catholic, several weeks prior to the Warsaw Ghetto Uprising of April, 1943 in German-occupied Poland. The play's focal point is the unusual friendship between the son of one of the leaders of the impending Jewish revolt and the son of an anti-Semitic Catholic father; the latter's son is funneling guns to the Jews. But on the more human plane, the two characters clearly recognize the twirling horrors of their environment, while refusing to become victims of its terror.



Bear Canyon - Sunday, October 4
Check in: 12:45 pm • Return: 5:00 pm Cost: \$13.50



The Miss Firecracker Contest

A long-run off-Broadway success, this explosive comedy, takes place in a small Mississippi town a few days before the 4th of July. Carnelle Scott is rehearsing furiously for the Miss Firecracker Contest. The unexpected arrival of her cousin Elain, a former winner, complicates matters as does the repeated threat of Elain's eccentric brother, Delmount, to sell the family homestead.

Bear Canyon - Sunday, November 15 Check in: 12:45 pm • Return: 5:00 pm Cost: \$13.50

Santa Fe Opera



La Finta Giardiniera

If you think love is enough to drive a person crazy, meet the hapless lovers chasing each other amid the musical abundance of Mozart's early comic opera La Finta Giardiniera, "the phony gardener."

NO REFUNDS UNLESS A REPLACEMENT CAN BE FOUND!



Bear Canyon - Thursday, August 13
Check in: 4:30 pm • Return: 12:00 am

Cost: \$68.00 (includes coach transportation and tickets.)

barelas hub



Barelas Senior Center



Barelas Community Center

What is happening in the Barelas Hub, one of the city's oldest neighborhoods? New and exciting activities are happening between the Barelas Senior Center and the Barelas Community Center. It's an opportunity for children and seniors to come together. Please join us for the following events and activities!

Pickleball Fun Day

Pickleball is a cross between tennis, table tennis and badminton. It is played on a court slightly smaller than a tennis court with wooden paddles and a plastic whiffle ball. The object of the game is to hit the ball so that your opponent is unable to hit it back over the net. We'll have some fun and enjoy some refreshments afterwards.



Barelas Community Center
Monday, June 22
9:30 – 11:30 am

Line Dancing

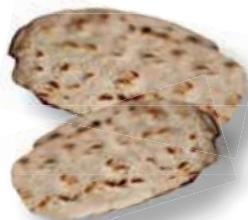
Join us for some fun learning different dance steps! No partner required!



Barelas Senior Center
Thursday, July 23
3:30 • 4:30 pm

Tortilla Making

Do you remember growing up watching Grandma or Grandpa making tortillas and sharing stories of "the good old days?" Join us for this fun class. We'll find out who can roll the roundest tortilla and then eat our nice warm tortillas with some melted butter or some green chile!



Barelas Community Center
Friday, July 24
9:00 am • 12:00 pm



Barelas 2nd Annual Fall Fiesta

Bienvenidos! Enjoy the history and traditions of Barelas with live entertainment, children's activities, food, music and dancing in the Hub of Barelas! Fun for the whole family!

Barelas, Barelas Park
Saturday, September 19
10:00 am - 2:00 pm

Holiday Arts & Crafts Fair

Join us for our 1st arts and crafts event! Come and sell or do some shopping. This is a good opportunity for you to find some treasures; perfect for holiday gift giving! Refreshments will also be available for purchase. Tables will be for rent for vendors. More details to be announced.

Barelas Community Center
Saturday, November 21
9:00 am • 3:00 pm

Las Posadas de Barelas

This event begins at the Barelas Community Center and winds its way through the neighborhood. The procession includes angels, shepherds, kings and choirs of heavenly voices. The procession reenacts the journey of Mary and Joseph looking for shelter, as they travel the streets of Barelas. Refreshments will be served after the procession.



Barelas Community Center
TBA

Holiday Ornament Making

We will have an ornament making class using ceramics pieces. Get into the holiday spirit by creating your own special Christmas ornament.



Barelas Senior Center
Tuesday, December 22
TBA



20th ANNUAL

**PRIME TIME
PUBLISHING**

**PRIME TIME
50+
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Coming October 2015!

Thursday, October 8th, 8:30am to 2:30pm @ Embassy Suites
(Lomas & I-25)

Food, Fun, Health Screenings & Entertainment



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EVENT CONTEST:
Enter to win "Valley of Fires"
a print by local artist Robert Benjamin

For More Information Call 505-880-0470

VOLUNTEER

Senior Corps Volunteers contribute over 232,000 hours to our community annually; this translates to a contribution valued at approximately \$4.7 million dollars!*

* Value of Volunteer Time according to the Independent Sector in NM in 2014 is \$20.13 per hour. For information call 767-5225



Department of Senior Affairs Transportation Nutrition Division:

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four-hour shifts; Monday – Friday.

Meals on Wheels of Albuquerque:

Kitchen volunteers are needed any day Monday through Friday from 9 am-11am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

Catholic Charities:

Volunteer Drivers are needed to provide door to door transportation services to

seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

Adelante Development Center Benefits Counseling Center:

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided. Skills: Call for details.

Alzheimer's Association:

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

Ronald McDonald House:

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

Ombudsman Program:

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

The Foster Grandparent Program Advisory Council:

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

*Are you 55 years of age or older?
Would you like an opportunity
to help your community?*

Senior Corps Volunteers receive supplemental insurance and transportation reimbursements!



Senior Companions Make Independence A Reality

Senior Companions are healthy older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living. Senior Companions serve an average of 20 hours per week, may qualify for a tax free stipend, and receive assistance for meals & transportation costs. You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

YOU HAVE A NEIGHBOR WHO NEEDS A HELPING HAND

For information call 764-1612

Foster Grandparents Share Today. Shape Tomorrow

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs. Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

Over 80 Foster Grandparents contribute 80,000 hours of service each year. Foster Grandparents serve in more than 40 sites in Albuquerque, including Elementary Schools, City of Albuquerque Child Development Centers, Head Start Programs, and Community Programs.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, & emotional development.

For information call 764-6412

Senior Corps is a division of the Corporation for National & Community Service, is jointly administered by New Mexico Aging & Long-Term Services Department, and is sponsored locally by the City of Albuquerque Department of Senior Affairs.

RSVP

Lead With Experience

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs.

With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills.

For information call 767-5225



Albuquerque Senior Corps

Corporation for
NATIONAL &
COMMUNITY
SERVICE





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- Travel benefits

Call us to learn more:



By phone: 1-866-597-6505 • TTY/TDD 711

We are open 8 a.m. - 8 p.m., local time, 7 days a week. If you are calling from February 15 - September 30, alternate technologies (for example, voicemail) will be used on the weekends and holidays.



Online: bcbsnm.com/medicare

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* SilverSneakers® is a registered mark of Healthways, Inc.

Healthways SilverSneakers® Fitness Program is a wellness program owned and operated by Healthways, Inc, an independent company.

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium.

Blue Cross and Blue Shield of New Mexico offers Blue Cross Medicare Advantage (HMO)SM, Blue Cross Medicare Advantage (HMO-POS)SM and Blue Cross Medicare Advantage (PPO)SM.

HMO, HMO-POS and SNP plans available in Bernalillo, Sandoval, Torrance, and Valencia counties. PPO plans available in Bernalillo, Cibola, Guadalupe, Los Alamos, Mora, Rio Arriba, San Miguel, Sandoval, Santa Fe, Socorro, Torrance, and Valencia counties.

HMO, HMO-POS and PPO plans are provided by Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an independent licensee of the Blue Cross and Blue Shield Association. HCSC is a Medicare Advantage organization with a Medicare contract. Enrollment in HCSC's plans depends on contract renewal.

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A Catalog of Classes, Special Events, Support Groups, Trips, Fitness Activities and MUCH MORE!!